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Easter recipes: Including a controversial one

metroLIFE

Police seek funding for body cams

CAPITAL PROJECTS

Request for $1M in city's budget to try gear on pilot basis

Braeden Jones
Metro | Winnipeg

The Winnipeg Police Service is hoping to strap cameras to its officers and is asking for $1 million in the city's budget to try the equipment on a pilot basis.

In the funding request, the police express that "with increasing demands for capturing information when dealing with the public, it appears that at the moment the best way to accomplish this is through an officer mobile video system."

City council first heard of the plan in February 2015, but the idea has been thrown around since at least 2013.

The camera would be attached to an officer and record video as well as audio during interactions with the public.

The cameras, police say, would help in evidence gathering and disclosure to courts. However, concerns were raised in 2015 over privacy, as well as the cameras possibly being hacked.

Coun. Scott Gillingham, who chairs the police board, said in 2015 the fact that Winnipeg is not the first force in Canada to implement the body cameras is an advantage.

"We can and we will learn from places like Calgary, Edmonton, any other jurisdiction I think especially in Canada that has run a pilot project, and we can learn the pros, the cons," said Gillingham.

The police have made just more than $20 million in other capital project requests for this upcoming budget.

WITH FILES FROM BERNICE PONTANILLA

Royal Canadian Mint board director Bonnie Staples-Lyon holds up the new $1 circulation coin at the CMHR to celebrate the 100th anniversary of women's suffrage in Canada. BRAEDEN JONES/METRO

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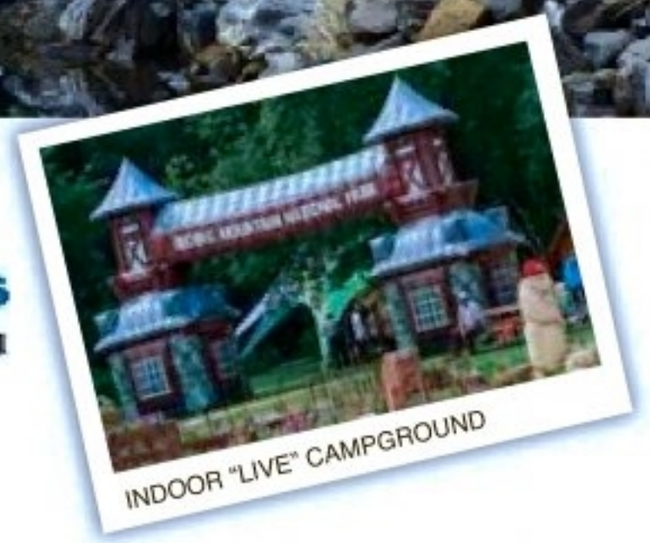

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metro explains the fiscal update

$733,000,000

OOPS

TOTAL DEFICIT $351 million more than what was projected

2019

When the province says it will finally balance the budget

$260 a year

How much middle and low income families will save

$170K

New tax bracket, where you'll be taxed at 20.9 per cent

Core deficit for the province, not including crown corporations, up from $421 million

$646 million

NDP lays out pre-election fiscal blueprint

Manitoba's governing NDP laid out a pre-election plan Tuesday to increase taxes for high-income earners while giving low-income families a small tax break.

The New Democrats said in a non-binding fiscal update that they will create a new tax bracket for incomes over $170,000, if they are re-elected in the April 19 provincial vote.

The 20 per cent tax rate would affect 13,000 people and raise $52 million annually.

"(We're) simply asking folks at the top to give a little bit more so that families, middle-class and working families can have a little bit more cash in their pockets at a time when we need that stimulus," Premier Greg Selinger said. "It's quite modest."

The tax changes would take effect Jan. 1 and would save a family of four with an income of $60,000 about $260 a year.

The new high-income tax bracket would give Manitoba one of the highest marginal tax rates in the country.

The Alberta government recently increased income tax rates for people earning more than $125,000 a year, while Ontario's higher tax rates start at $150,000.

Although the proposals aren't binding, Selinger said, it shows the NDP is putting a "down payment" on promises made in its speech from the throne.

"We think it's an important document," he said.

The third-quarter update shows Manitoba's deficit stands at $646 million — up from $421 million the government had forecast.

The province's economic growth has slowed to two per cent from 2.5, and tax revenue has declined by $148 million.

At the same time, the government is spending $57 million more on child welfare and $49 million more on health care.

While the NDP initially promised to balance the books this year, that date has been pushed back repeatedly. The new target is now 2020 to align with the federal government's plan, Selinger said.

"We're all committed to a stimulus program right now to reboot the Canadian economy."

The fiscal update lays the groundwork for an election campaign that could start as early as next Tuesday for a vote on April 19.

THE CANADIAN PRESS

> **We're all committed to a stimulus program right now to reboot the Canadian economy.**
> Premier Greg Selinger

REACTION

PCs push for full budget

Tabling of the NDP's fiscal update was delayed in the legislature Tuesday by the Opposition Progressive Conservatives, who submitted numerous petitions and called for an emergency debate on the lack of a full budget.

Finance critic Cameron Friesen said taxpayers are paying $500 million more in new taxes compared to six years ago. Manitoba's tax system has become so unfair, Friesen said, that the average family pays $3,300 more every year than the same family living in Saskatchewan.

"But even with these record-high revenues, the government cannot balance the books," he said. "Because of this NDP propensity for over-spending, they are hungry for revenue and therefore the government fails to address the most basic fiscal issues."

Lone Liberal MLA Jon Gerrard criticized the government for tabling a fiscal update instead of a formal budget.

"The NDP have had more than enough time to produce it," he said. "In not producing a budget, the NDP are short-changing Manitobans."

THE CANADIAN PRESS

Schools find cuts difficult

TAXES

Chopping $5.5 million from budget tough for trustees

Braeden Jones
Metro | Winnipeg

Winnipeg School Division trustees say they're trying to whittle their lean budget down enough to keep necessary property tax increase as low as possible, but acknowledge they're struggling.

"We are cutting close to the bone here," said trustee and finance committee chairman Chris Broughton.

After learning last week the tax base had shrunk by $158 million due to record property assessment appeals, trustees haven't found a way to lower the tax hike to the 5.1 per cent originally planned.

"In order to get it back down to the five-per-cent range, we went to public consultation on (whether) we would have to find $5.5 million in savings to get anywhere near that level," Broughton said.

The Winnipeg School Division says provincially mandated class sizes mean there's little staff reduction to be found. ELISHA DACEY/METRO

On Monday night they tried, but instead, he and others found only about $900,000 in savings.

"The reality is, in order to find that level of savings beyond the $900,000 we found, we would have to start cutting teachers or staff and there is no way we can function," he said.

> **We are cutting close to the bone here.**
> Chris Broughton

"We are mandated by the province for teacher-to-student ratios... In many cases we simply aren't allowed to make those cuts.

"To say the least, it's frustrating."

Savings identified Monday lower the proposed increase to about 5.9 per cent.

Plans for savings include cutting "some programs that were coming near to the end of their life cycle."

"Some of our office fees, photocopier contracts, things like that," added up to a "sizable chunk of change of $300,000," Broughton said.

"We are also moving some programming around physical education in our high schools."

The latter scheme will see senior year students permitted to gain academic credit for extra-curricular physical education.

And the division is also looking to sell surplus property, including a closed historic school on Elgin Avenue, Ellen Douglass.

The reworked budget proposal with savings identified and a shift of reserve funds will go to a board meeting on March 14, the day before the taxation request associated with the budget is due to the city.

BUDGET

The milk of human savings

A tight budget has Winnipeg School Division trustees taking savings wherever they can be found, and the subsidized milk program is one in which change is overdue.

A litre of milk in 1977 might have cost about $1.32, but it's about $3 a litre more expensive today. And yet, across all Winnipeg School Division Schools, children can buy cheap subsidized milk for just 10 cents, the same cost today as in 1977 when that program last raised its prices.

During budget consultations in February, trustees toyed with the idea of changing the universal program to a needs-based program.

Trustee Chris Broughton said there was strong feedback and changing it wasn't necessarily supported. But a shrinking property tax base robbed the division of some $158 million it was expecting on its revenue line last week, so trustees agreed some change had to happen with every possible program. BRAEDEN JONES/METRO

Springbreak at Elkhorn Resort

It's going to be a fun filled week of activities and entertainment at the Elkhorn Resort Spa & Conference Centre! Karlheinz the Bubbleman promises a show *(March 26)* of smoke bubbles, square bubbles and even KIDS in bubbles! Then Master Illusionist Greg Wood comes in for a show *(April 2)* featuring our young guests! Be prepared to be amazed as kids come up and put on a magical performance. There will also be daily craft sessions, guided horse rides, bonfires and other activities to enjoy with the whole family, so call and book your stay today!

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Developers slam new fees

BUSINESS

Builders say costs threaten competitive advantages

Stephanie Taylor
Metro | Winnipeg

Members of Winnipeg's development community took turns blasting the dozens of new development fees proposed in this year's budgets at city hall Tuesday.

Mike Moore of the Manitoba Home Builders' Association told the city committee on property, planning and development under the new budgets, the city would be increasing permit fees to build an average bungalow by 62 per cent.

That means an increase of $800 from the current fee of $1,300 to more than $2,100, he said.

"There'd be a storming of the bastille at city hall if you suggested raising property taxes 62 per cent," he said.

Russ Wyatt speaks with reporters at city hall on Tuesday. STEPHANIE TAYLOR/METRO

"For years, Winnipeg's competitive advantage over our neighbours in Saskatchewan, Alberta and Ontario has been our housing affordability.

"This advantage is rapidly eroding and every increased fee or tax on growth hinders our capacity to compete in Western Canada."

Other builders and industry members who spoke said the proposed fee increases for subdivision and zoning applications runs the risk developers may take their business elsewhere.

"This is a great budget for the municipalities around Winnipeg," Coun. Russ Wyatt told reporters Tuesday.

"It just sends the message that Winnipeg is not open for business."

However, city staff within the department of planning, property and development, attempted to dispel the idea the fee changes were all doom and gloom.

Stan Dueck, manager of the city's development and inspection division, presented the committee with an overview of the comprehensive fee review, saying the number of fees may be on the rise, but a number are also decreasing.

For example, he said the cost of both building and trade permits for home renovation projects, such as electrical and plumbing work, have been reduced.

Permit fees for undertaking commercial interior alterations will also decrease, and fees for fire prevention reviews will also be erased, Dueck said.

According to a staff report, the department was dealing with a $2.230-million gap for land development rezoning fees, therefore a restructuring was in order to achieve closer cost-recovery.

Graphs provided by the department show that even with proposed increases for subdivision and rezoning applications, our city's fees are still well below the average of other Canadian cities.

IN BRIEF

Winnipeg police seek help identifying man

Police seek help identifying a man (pictured) wanted in connection with a robbery at a bank in the 1800 block of Main Street. They say a man walked into a bank Friday at about 4:30 p.m., said he had a bomb and demanded cash, which he was given before he ran away. Police seek a man of Middle Eastern descent, 35 to 40, five feet 10 inches tall, medium build, dark hair, slight facial hair and a moustache. Call police at 204-986-6219. METRO

Child porn charges laid

Winnipeg police have arrested a man after raiding a Fort Richmond home Jan. 27 and finding child pornography. Terry Hedlund, 57, was arrested and charged with numerous charges related to child pornography. He is in custody. METRO

HEALTH

H1N1 flu spiking in province

Manitoba Health has reported a recent spike in flu activity across the province and says the dominant strain is H1N1.

That's the strain that claimed several hundred lives during the 2009 pandemic.

In a letter written to health care providers last week, the Public Health and Primary Health Care Division wrote that the current wave of influenza activity is expected to last several weeks.

Influenza surveillance data indicates that during the week of Feb. 21-27, there were 21 people hospitalized due to the flu, seven required intensive care and two died.

In both deaths, the person was under the age of 65.

The province has not indicated where in Manitoba they lived or whether either of them had H1N1.

Manitoba Health said health care providers can continue to offer flu vaccine to all Manitobans at no charge.

It said preliminary estimates of vaccine effectiveness from the United States suggest vaccines available in Manitoba are on average 60 per cent effective against all circulating strains, and 99 per cent of all H1N1 strains tested to date have been sensitive to the antiviral drugs oseltamivir and zanamivir.

THE CANADIAN PRESS

21

Between Feb. 21-27, **21 people were hospitalized due to the flu, seven required intensive care and two died.**

Five-year-old Evan Moore covers his mouth to avoid crying while getting a flu shot at the first public H1N1 influenza vaccination clinic in Belleville, Ont. THE CANADIAN PRESS/ LUKE HENDRYNE

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Demolition decision delayed

PUBLIC SAFETY BUILDING

Committee opts to wait for review of historical value

Stephanie Taylor
Metro | Winnipeg

A city committee has opted for more time to decide on the fate of Winnipeg's Public Safety Building (PSB).

After a 13-hour meeting, Tuesday's committee on property, planning and development voted in favour of delay, opting to wait for a chance to review its historical value.

John Kiernan, director of planning, property and development, said the historical buildings resources committee already evaluated the PSB to determine its historical value.

That advice was provided to consultant Deloitte, which provided a list of recommendations for a price tag of $275,000 regarding what to do with the aged building.

The Public Safety Building is not worth keeping, according to an administrative report. METRO FILE

Kieran said that although the PSB was seen to have "architectural merit" given its proximity to other modernist structures, such as city hall and the Centennial Concert Hall, it was not considered the "best of the best."

Coun. Matt Allard questioned the committee's findings and tabled a motion to lay over the decision to demolish the buildings until they learned what the committee found.

The staff report recommended the PSB, along with the adjacent Civic Centre Parkade, should be demolished in order to make way for a large public space and future private development.

"While demolition is not a sustainable approach to deal with heritage buildings, the current state of the PBS, as well as the limitations of the structure and exterior cladding, make it unsuitable for a significant and costly restoration project," the report reads.

Other options included seeing the building and shuttered parkade transformed into a civic campus or for a new 520-stall parkade and sale of surplus land. According to the report, turning the site into a public space and selling off a portion of land would be the cheapest option.

The report pointed out a number of challenges with restoring the PSB building, which include its lack of main-floor accessibility, limit to the development of underground parking and difficulty to obtain Tyndall stone cladding.

The report also recognized the fate of the PSB is connected to the mostly vacant tower at 266 Graham Ave., which is part of the city's new police headquarters.

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The University of Winnipeg may be the first school to divest from fossil fuels if a local activist group gets its way. THINKSTOCK

U of W could lead the way

FOSSIL FUELS

Group pushing school to be first to divest

Braeden Jones
Metro | Winnipeg

The University of Winnipeg could be the first Canadian university to follow through with fossil-fuel divestment.

At least, the impassioned people behind the Divest UW movement are confident it will happen.

"We feel like the U of W has as good a shot as any university, and maybe even a better shot than others, of seriously considering this and being the first," said Divest UW organizer Andrew Vineberg.

The school has $2.58 million invested in fossil fuels, which is five per cent of its total endowment of $57.5 million. While other schools have heeded calls for divestment from student groups to some extent, none has gone beyond partial divestment.

> **We need to act together to end our reliance on fossil fuels.**
> Jobb Arnold

Vineberg said an open house planned for Wednesday is another opportunity "for the university to listen to the evidence and facts and rationale for the necessity of this move (away from fossil fuel investment)."

He explained how the school's values, which are all listed in the U of W's most recent strategic directions document, include social justice, environmentalism, sustainability and indigenization.

"Those things are incompatible with the fossil-fuel industry ... there is just no end to the evidence of that," Vineberg said.

That's the case he and his group — as well as the U of W students' association — have been making through protests and in meetings with administration for more than a year, and Vineberg said the response has been "very encouraging."

University president Annette Trimbee agreed last year to explore divestment, and ordered risk assessments of the idea, which have been conducted over the course of this academic year and included the student association and Divest UW contributors.

Assistant professor Jobb Arnold, who will help facilitate the Divestment as Climate Solution open house Wednesday, said in a prepared statement that it's a "valuable opportunity for students, faculty, and administration to have a meaningful dialogue about the university divesting from fossil fuels."

"Climate change is a critical threat to all facets of our collective future," he said. "We need to act together to end our reliance on fossil fuels."

Wednesday's open forum will take place in the Convocation Hall of Wesley Hall on the university's main campus at 12:30 p.m.

The U of W's administration's final decision on divestment is expected in April, followed by a vote of the Board of Regents in May.

LEGISLATURE

Little support for new bike-safety law

A Manitoba politician has failed in his attempt to get a new bicycle-safety law through the legislature.

Dave Gaudreau, a backbench member of the NDP government, put forward a private member's bill that would have required drivers to give cyclists at least a one-metre buffer while passing them.

Gaudreau says the current law, which requires drivers to maintain a non-specified "safe distance," is too vague.

The Opposition Progressive Conservatives debated the bill until the allotted time ran out.

The legislature is scheduled to break next week in advance of the April 19 provincial election, and it's unlikely Gaudreau will be able to bring the bill back before then.

The Tories said Gaudreau failed to consult police officers and municipalities, which would bear extra costs if the proposal went ahead.

"It's not that the idea is without merit ... but we know as legislators that we have to ensure that the proper input is brought forward," Tory house leader Kelvin Goertzen said Tuesday.

Another Tory, Reg Helwer, said municipalities could be forced to widen roads to ensure there was enough room for the one-metre zone.

"There would be huge infrastructure costs that are downloaded upon municipalities without any consultation," Helwer said.

THE CANADIAN PRESS

ELSEWHERE

Gaudreau said his idea has already been adopted in Ontario and other jurisdictions.

Rise of social sleuth-working

CRIME

Net closes in on robber after shop owner's Facebook post

Criminals beware! Justice is just one like away.

When a robber smashed the front window of Stefan Tergesen's Gimli, Man. general store and absconded with about $2,500-worth of stolen watches, Tergesen used social media to search for justice.

After calling the police, Tergesen shared video surveillance footage of the crime on his Facebook page, hoping someone in the small community would know who did it. Within a day, it was shared 10,000 times, resulting in many leads.

"My customers are awesome, I love the way the community sort of pulled together on this. My customers sort of feel an ownership of my store. They were as violated as we were," Tergesen said.

H.P. Tergesen's & Sons in Gimli, Man. has been in Stefan Tergesen's family for four generations. TORSTAR NEWS SERVICE

Founded in 1899, H.P. Tergesen's & Sons had been in the family four generations.

It has been hit by a robbery before, but this has to be the first time that a crime was solved solely on social media, Tergesen said.

Many people were able to identify the suspect, but before turning him into the police, Tergesen decided to do something novel.

He friended his foe on Facebook.

"I wanted him to know for sure that we knew who he was," he told Torstar.

"And hopefully get my merchandise back before (he did) something stupid with it."

Within about 15 minutes, he said, the culprit friended him back and agreed to turn himself in.

> **"I wanted him to know for sure we knew who he was.**
> Stefan Tergesen, owner

Tergesen said the teen was quite remorseful and has since handed over all the stolen merchandise to the authorities.

"I turned myself in, I couldn't live with what I did and I'll be returning everything.

"I'm willing to face the consequences and I couldn't be more sorry for what I did. I was intoxicated and not in my right mind," the young man told Tergesen on Facebook.

Tergesen said he hopes the young man isn't punished too harshly, and that this whole experience is a wake-up call to turn his life around.

"I'm hoping this is the event that would scare him straight. I was a young man once, too, and did some stupid things," he said.

TORSTAR NEWS SERVICE

Canada's new target

Syrian crisis sparks Liberal government into significant shift in immigration policy, with families and refugees moving to the head of the queue and skilled labour missing out

Syrian refugees are driving a shift in Canada's immigration plan for 2016 as the Liberal government seeks to admit record numbers of new permanent residents while backing away from a previous focus on skilled labour.

Bringing in 25,000 government-assisted Syrian refugees by the end of this year has maxed out the immigration stream, leaving the private sector to offer vulnerable people from elsewhere in the world a chance at life in Canada.

The Liberals say they will triple the number of spots for private sponsors, part of a near-doubling of the humanitarian stream of the immigration program overall compared with levels under the Conservatives.

Immigration Minister John McCallum said the plan is grounded in Canada's tradition as a welcoming country.

"It outlines a significant shift towards reuniting more families, building our economy and upholding Canada's humanitarian traditions," McCallum said.

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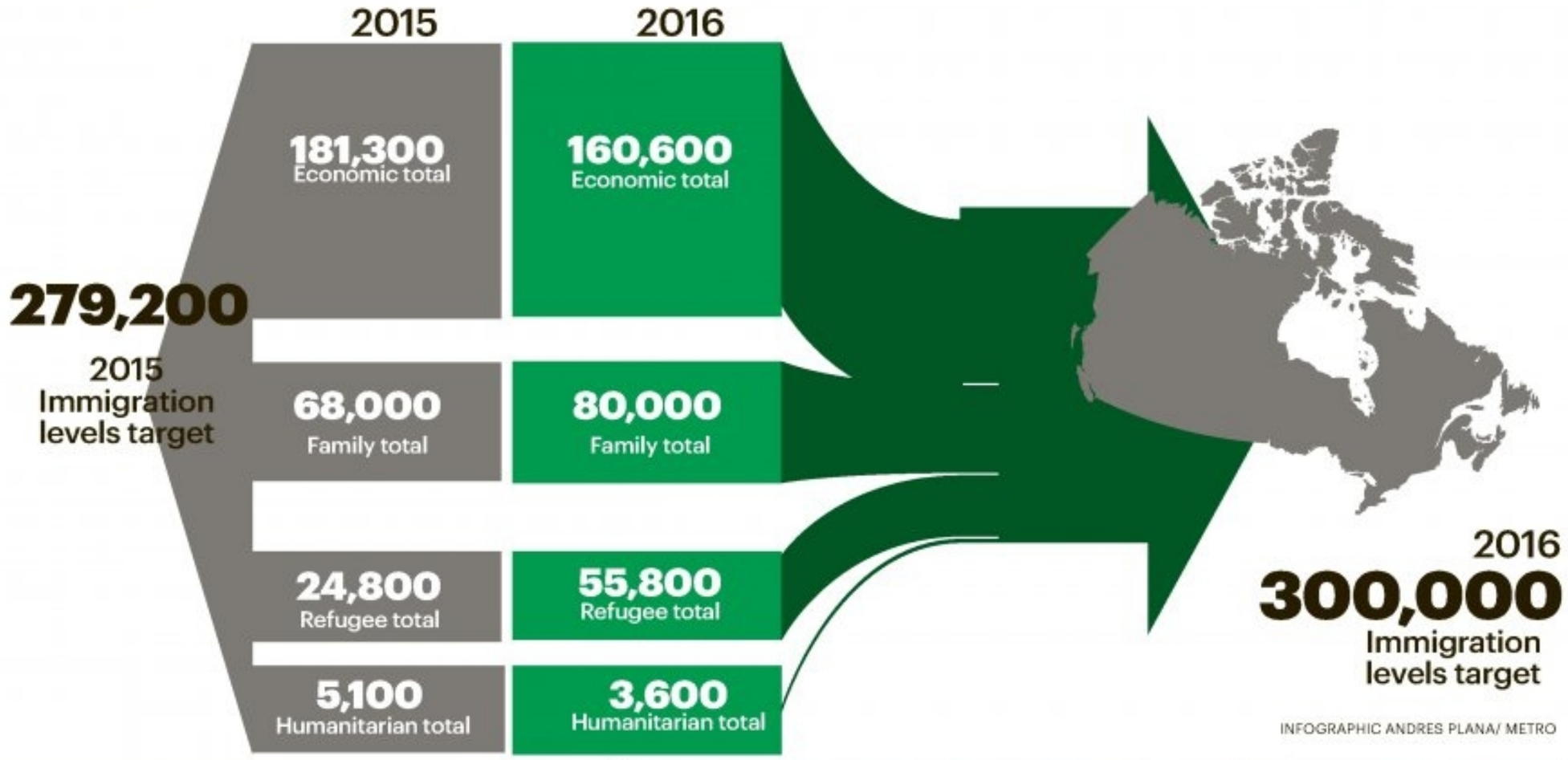

INFOGRAPHIC ANDRES PLANA/ METRO

WASHINGTON VISIT

Trudeau, Obama have 'bond'

The White House says a special relationship is developing with Canada's new prime minister — a bond that will be reinforced this week with a series of bilateral agreements, champagne toasts, and a rare black-tie dinner.

Justin Trudeau arrives Wednesday for a three-day visit to the U.S. capital — a place where he's unusually well-known for a Canadian politician — with the first prime ministerial state dinner in 19 years as its centrepiece.

An administration official described a unique alignment of priorities between President Barack Obama and the prime minister, who will be hosted by the White House, the State Department, American University and a gathering of think-tanks.

"I think there is a developing special relationship between this president and prime minister," Mark Feierstein said.

"They're both young leaders with similar visions, both have a progressive vision, both very much committed to appropriate use of multilateral tools, both committed to diversity."

THE CANADIAN PRESS

Trudeau and Obama agree on many key issues. SEAN KILPATRICK/THE CANADIAN PRESS

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NEWFOUNDLAND AND LABRADOR

Fish with 'evil eyes' draws intrigue, disgust

A Nova Scotia Fisherman caught a fish with glowing, green eyes. THE CANADIAN PRESS

For a brief moment, Nova Scotia fisherman Scott Tanner thought he might have a case of cabin fever when he spotted a fish with glowing, green eyes in his trawler's net.

The 23-year-old Lunenburg man was about a month into a 40-day commercial fishing trip for cod and redfish off Newfoundland and Labrador's Grand Banks when the mysterious creature turned up, shocking even veteran fishermen on board.

"It stood out right away with the green eyes," said Tanner, who snapped photos of the dead fish and posted them on Facebook. "Everybody was pretty amazed by it. The older guys, even, said they'd never seen one before."

With its luminous peepers, long tail, sword-like nose and fins resembling wings, the fish netted last month has caught both the intrigue and disgust of the Internet.

"What the hell is this?" blared a headline on the Daily Star, a U.K. tabloid that described the catch as a "winged fish with evil eyes" and "a nose like a wizard's hat."

Andrew Hebda, curator of zoology at the Museum of Natural History in Halifax, offered a more scientific-based explanation: the bug-eyed creature appears to be a knifenose chimera — one of three chimera species in North Atlantic waters.

"It's a kind of neat-looking thing," he said. "The eyes are quite striking."

THE CANADIAN PRESS

Royal Canadian Mint board director Bonnie Staples-Lyon, Lila Goodspeed, Chair of the Nellie McClung Foundation, and John Young, Canadian Museum for Human Rights CEO unveil the new $1 coin in Winnipeg Tuesday to celebrate the 100th anniversary of women's suffrage in Canada. BRAEDEN JONES/METRO

Woman to appear on bank note

CURRENCY

Nominations declared open by feds for 2018 unveiling

When the next series of Canadian bank notes rolls off the presses in 2018, one of them will, for the first time ever, bear the portrait of a woman other than the Queen — and nominations are open now.

Prime Minister Justin Trudeau and Finance Minister Bill Morneau marked International Women's Day on Tuesday by launching the search for a new face for the currency.

"I am pleased to announce today, right here, that a Canadian woman will be featured on the very first of the next series of bills expected in 2018," Trudeau told a news conference marking the occasion.

Hazel McCallion, the firebrand political legend who served for 36 years as mayor of Mississauga, Ont., was on hand for the announcement.

"Finally, the Bank of Canada and the government has recognized it is time for a woman to be on," McCallion said. "I've been helping the organization to do it."

The bank is asking the public to nominate women deserving of the recognition, provided they meet the criteria. Submissions can be made on the bank's website between now and April 15.

The nominee must be a Canadian woman who demonstrated outstanding leadership, achievement or distinction in any field, benefiting the people of Canada, or in the service of Canada.

Anne of Green Gables is out, because no fictional characters are allowed. And nominees must have been dead for at least 25 years.

An independent advisory council of eminent academic, cultural and thought leaders will review the submissions and, after talking to experts and more consultation with the public, will provide a short list of candidates to the finance minister.

"I'd invite all Canadians, male and female, to have their say," Morneau said.

The bank note announcement came as the Royal Canadian Mint unveiled a new $1 coin commemorating the 100 years since women first gained the right to vote in Manitoba, Saskatchewan and Alberta provincial elections.

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Migrants stranded at closed border

EUROPEAN UNION

Confusion, despair in refugee camp outside Greece

Despair and confusion spread through the camp at the Greek-Macedonian border Tuesday as thousands of stranded refugees were forced to acknowledge that the route through Europe that had carried their hopes and dreams was now shut.

The dozens of people crammed together at the front of the line to the border crossing looked at the closed gate and razor wire in disbelief. One young Syrian muttered he had been in the tent at the crossing for five days without sleeping. It was his 15th day at the Idomeni refugee camp.

One woman broke down, crying and screaming as she held her baby in her arms while a man tried to calm and comfort her. Refugees asked reporters what had happened in Brussels, and asked what they could or should do next.

European Union leaders who held a summit with Turkey said early Tuesday they hoped they had reached the outlines for a possible deal with Ankara to return thousands of migrants to Turkey, and said they were confident a full agreement could be reached at a summit next week.

They also said the "irregular flows of migrants along the Western Balkans route have now come to an end."

Nobody has crossed through the Idomeni border gate since early Monday morning. The nail in the coffin for the main Balkan migration route came late Tuesday evening, when Serbia's Interior Ministry said Slovenia will demand valid EU visas at its borders as of midnight Tuesday. That means Serbia will act accordingly and close its borders with Macedonia and Bulgaria for those who do not have valid documents.

Nearly 14,000 people, who all risked their lives to get to Greece, have waited for days and weeks in the cold, rain and mud at the overflowing refugee camp in Idomeni, ripping branches off trees to use as firewood.

About 100 people boarded two buses, one Tuesday morning and one in the evening, bound south for Athens and whichever refugee camp might have room for them. Greek authorities have said they will not forcibly evacuate people from Idomeni.

THE ASSOCIATED PRESS

14K

Nearly 14,000 people have waited for days and weeks at the overflowing refugee camp in Idomeni, Greece.

THE ASSOCIATED PRESS

A Syrian woman holds a baby while sitting in a tent at the transit centre for refugees near the northern Macedonian village of Tabanovce while waiting with her family for permission to cross the border into Serbia. BORIS GRDANOSKI/THE ASSOCIATED PRESS

Democratic presidential candidate Hillary Clinton speaks during a rally in Detroit, Michigan. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump campaigns in Madison, Mississippi. BRYNN ANDERSON/THE ASSOCIATED PRESS

Trump keeps grip on polls, wins Michigan

PRESIDENTIAL RACE

Clinton sweeps Mississippi as Cruz closes gap in GOP race

Donald Trump swept to victory in the Mississippi and Michigan presidential primaries Tuesday, deepening his grip on the Republican nominating contest. Democrat Hillary Clinton easily carried Mississippi but was locked in a close race with rival Bernie Sanders in Michigan.

The primaries offered Trump and Clinton a chance to pad their leads and start turning toward the general election. But Sanders was hoping to prevent a Clinton coronation with a strong showing in Michigan, the night's biggest prize and the first Midwestern industrial state to vote in the 2016 race.

Trump, reveling in his victories at one of his Florida resorts, spoke like a general election candidate, emphasizing the importance of helping Republican senators and House members get elected in November. But he still took on rival Ted Cruz, who is closest to Trump in the delegate count.

"He's always saying I'm the only one who can beat Donald Trump," the businessman said. "But he never beats me."

Trump entered Tuesday's contests facing a barrage of criticism from rival candidates and outside groups who fear he would deeply damage Republicans' chances of winning in November. While a handful of recent losses to Cruz have raised questions about Trump's durability, Tuesday's contests marked another lost opportunity for rivals to slow his momentum.

Ohio Gov. John Kasich had campaigned furiously in Michigan in recent days. He's yet to win a primary but hoped a good showing in Michigan would give him a boost heading into next week's crucial contest in his home state.

Speaking to a crowd in Lansing, Kasich said a strong showing in Michigan would show the country "that it's a new day in this presidential campaign."

Republicans were also holding contests Tuesday in Hawaii and Idaho. Republican candidates were fighting for 150 delegates, while 179 Democratic delegates were at stake in the party's two primaries. The delegates will select each party's presidential nominee at national conventions in July.

THE ASSOCIATED PRESS

MAD MONEY

Voters say economy, inequality important

The economy ranked high on the list of concerns for voters heading to the polls in Michigan and Mississippi. At least 8 in 10 voters in each party's primary said they were worried about where the American economy is heading, according to early exit polls. THE ASSOCIATED PRESS

QATAR

Escaped tiger causes uproar on motorway

Talk about a hair-raising commute. Drivers in the energy-rich Mideast nation of Qatar got a surprise Monday when an escaped tiger was seen prowling among cars on a major motorway.

Police said they were looking into footage circulating on social media.

THE ASSOCIATED PRESS

HEALTH

An 'alarming' Zika discovery

Sexual transmission of the Zika virus is more common than previously thought, the World Health Organization said Tuesday, citing reports from several countries.

After a meeting of its emergency committee on Tuesday, the UN health agency also said there is increasing evidence that a spike in disturbing birth defects and neurological problems are caused by Zika, which is mostly spread by mosquito bites. When WHO declared the explosive outbreak in the Americas to be a global emergency last month, it said that the evidence that Zika was responsible was only circumstantial.

WHO Director-General Dr. Margaret Chan said "reports and investigations in several countries strongly suggest that sexual transmission of the virus is more common than previously assumed." The U.S. is investigating more than a dozen possible cases of Zika in people who may have been infected through sex.

"All of this news is alarming," Chan said. Dr. Bruce Aylward, who is directing WHO's response to Zika, said the cases seen so far of sexual transmission of Zika have been from men to women.

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Palestinian attacks kill U.S. tourist

MIDDLE EAST

Twelve Israeli civilians and officers also wounded

Palestinian attackers unleashed a series of shooting and stabbing assaults on Israelis on Tuesday, including a stabbing spree in the ancient Mediterranean port city of Jaffa that killed an American tourist near where Vice-President Joe Biden was meeting with Israel's former president, police said.

The Jaffa assault came as Biden arrived on a two-day visit as part of a regional tour of the Mideast. He is to meet both Israeli and Palestinian leaders, and there have been speculations he would try to revive the moribund Israeli-Palestinian peace talks.

Police spokeswoman Luba Samri said the man killed in Jaffa was an American tourist, but further details were not immediately available.

A dozen Israelis, civilians and police officers, were wounded in the Palestinian knife and gun attacks.

Along with the Jaffa attacker, three other Palestinian assailants were shot and killed in the day's rash of violence, the latest in a wave of near-daily Palestinian assaults on Israelis that erupted in mid-September.

The bloodshed — mainly stabbings but also shootings and car-ramming attacks — has killed 28 Israelis. During the same time, at least 176 Palestinians were killed by Israeli fire. Most of the Palestinians have been identified by Israel as attackers, while the rest were killed in clashes with security forces.

The chancellor of Vanderbilt University in Nashville, Tennessee, issued a statement identifying the American stabbing victim as Taylor Force, a student at its Owen Graduate School of Management who was on a school trip to Tel Aviv.

Palestinians say the violence stems from frustration at nearly five decades of Israeli rule over the West Bank and east Jerusalem. Israel says the violence is fueled by a campaign of Palestinian lies and incitement that is compounded on social media sites that glorify and encourage attacks.

Hamas, the Palestinian Islamic militant group that controls the Gaza Strip, praised the attacks on Tuesday but did not claim responsibility for them. THE ASSOCIATED PRESS

SERBIA MASSIVE FLOODING RENDERS HUNDREDS HOMELESS
A man removes his belongings from a flooded home in the village of Sirca, Serbia, Tuesday. Hundreds of people had to leave their homes, while hundreds of houses remained under threat, police said. In several villages and towns, entire areas have been left without electricity or water and some schools cancelled classes for the day. Serbia's government said emergency measures were declared in 15 areas after 710 houses were soaked by the floods caused by torrential rains. Landslides blocked roads in central and southwestern Serbia. More rain is expected later this week.
DARKO VOJINOVIC/ THE ASSOCIATED PRESS

LIBYAN BORDER

Tunisia repels bloody attack from ISIL

Tunisian security forces killed five gunmen in new clashes Tuesday near the border with Libya and are hunting violent jihadists hiding out in the area, the Interior Ministry said.

The renewed fighting came after about 50 extremists attacked the town of Ben Guerdane on Monday. The exceptionally deadly incident highlighted fears about the Islamic State of Iraq and the Levant's (ISIL) growth in neighbouring Libya.

Tuesday night, after a tense but relatively calm day, security forces searching the area killed five suspected terrorists in the Benniri district, the ministry said in a statement.

Prime Minister Habib Essid said Tuesday the death toll from Monday's clashes in the city of Ben Guerdane rose to 55, including 36 attackers, Essid said. Seven civilians and 12 members of Tunisia's security forces died, and 17 others were injured.

> We won a battle, but we haven't yet won the war on terror.
> Tunisian Prime Minister Habib Essid

"The attack that happened yesterday showed that our military and security forces were ready," he told a news conference. "We won a battle but we haven't yet won the war on terror, and that war continues."

No group immediately claimed responsibility for the attack, but websites affiliated with ISIL said ISIL militants were handed a tough blow by Tunisian security forces. One website published more than 30 pictures showing militants' bodies as well as seized weapons and munitions.
THE ASSOCIATED PRESS

Emojis getting some respect

After years of being dismissed as a quirky smartphone feature used mostly by teenagers, the famous international registry of smiley faces, animals and other objects has reached a higher level of status. ISTOCK

COMMUNICATION

High point when an emoji was picked as word of year

If emojis could express their meteoric rise into the lexicon of virtual language, it might start with a surprised face, followed by thumbs up, and a trophy. After years of ridicule in popular culture, the famous international registry of smiley faces, animals and numerous other objects is finally getting some respect.

"In many ways, communicating informally with each other on the Internet, with just words, is like trying to talk in a monotone with your hands behind your back," says Gretchen McCulloch, a Montreal-based linguist who has studied the rise of emojis and how people use them to enhance communication.

Created in the late 1990s by Japanese mobile phone carriers as a marketing hook, emojis never really landed on the radar of North Americans until Apple's iPhone and Android smartphones incorporated the cartoon characters in 2010.

Last year marked a clear zeitgeist moment. The prestigious Oxford Dictionaries chose the "face with tears of joy" emoji as word of the year, leading to an uproar in linguistic circles.

It was an undeniable sign that emojis had reached a higher level of status after years of being widely dismissed as a quirky smartphone feature used mostly by teenagers.

Celebrities and brands have hopped on the emoji bandwagon, including Kim Kardashian — who launched her own "Kimoji" app with cartoon renderings of herself — and Tim Hortons, which released its own batch of "Eh-mojis."

Emojis have also posed a major challenge under the law. A New York grand jury was recently asked to decide whether the combination of an emoji police officer and an emoji gun was considered a threat to police.

THE CANADIAN PRESS

IN BRIEF

Biofuels face headwinds
Low oil prices, end of a biofuels incentive program, competition from U.S. imports, lack of infrastructure, and stricter fuel efficiency regulations are expected to lead to a 38 per cent plunge in Canada's biofuels production, predicts the International Energy Agency. THE CANADIAN PRESS

Danier sell-off begins
Store closing sales start Tuesday at the remaining Danier Leather stores and outlets in Canada.
THE CANADIAN PRESS

market minute

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DOW JONES: 16,964.10 (–109.85)

CONSTRUCTION

Multiple-unit dwellings fuel pace of housing starts

The number of homes that started to get built in Canada last month picked up, boosted by a jump in multiple-unit dwellings such as condominiums, apartments and townhouses.

But the housing market in the oilpatch continued to struggle as the rate of housing starts in the Prairies headed lower while other major regions of the country saw increases.

"Of all the Canadian economic indicators where the national tally hides the real story, this one is right up there," BMO Capital Markets senior economist Robert Kavcic said in a note to clients.

"On one end of the spectrum, residential construction activity is in outright recession, while on the other, new construction has flared well above past highs."

Canada Mortgage and Housing Corp. reported the seasonally adjusted annual pace for housing starts in February increased to 212,594 units, up from 165,071 in January. Economists had expected an annual pace of 180,000, according to Thomson Reuters.

46%
The increase in multiple-unit urban starts, to 138,774 units, in February.

The increase came as multiple-unit urban starts increased by 46.0 per cent to 138,774 units, while single-detached urban starts increased by 6.1 per cent to 61,457 units. Rural starts were estimated at a seasonally adjusted annual rate of 12,363.

6.1%
The increase in single-detached urban starts, to 61,457 units, in February.

However, the regional figures showed the differences across the country.

The pace of urban housing starts in February increased in British Columbia, Ontario, Quebec and Atlantic Canada while decreasing in the Prairies.

CMHC noted that housing starts were trending at a four-year low in the Prairies, where low oil prices have weakened consumer confidence, while starts were trending at an eight-year high in British Columbia.

TD Bank economist Diana Petramala noted that following a weak start to the year, the housing starts have popped back, topping expectations. However, she noted that an unusually warm winter in many parts of the country may be boosting the data.

"Construction normally comes to a near-halt in the winter, but some construction that would have been otherwise delayed until the spring may have gone ahead given the balmy January and February," she said in a research note.

The increase in housing starts came as Statistics Canada reported municipalities issued building permits worth $6.4 billion in January, down 9.8 per cent from December.

THE CANADIAN PRESS

> "Construction normally comes to a near-halt in the winter."
> TD Bank economist Diana Petramala

metro VIEWS

Your essential daily news

Wednesday, March 9, 2016

DARN GOOD NEWS
People who swear a lot tend to be seen as more persuasive and easier to relate to.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I took credit for someone else's donation to my boss's charity run — but she was pressuring all of us to give. She does it every year. Was I wrong?

Dear Ellen,

Every year, when the time comes for her charity run, my manager starts dropping hints and directs us to the website with her donor page. I give lots to charity, and feel we shouldn't be asked to support her causes. Anyway, this year, she and I had a one-on-one meeting where she said, with a sigh, that she was way behind in her fundraising but that "of course, that's not your problem." There was an awkward pause, which I stupidly filled by saying I'd donate. I was mad at myself, but meant to do it — until an hour later when she sent me an email telling me how much she appreciated my donation. Apparently, as I stewed at my desk, someone else had donated anonymously. I was ticked off enough that I replied "No problem! Good luck!" Was I wrong?

Feeling extorted, Toronto

Dear F.E.,

Strictly speaking, I cannot condone your lying about having made a donation to your boss's charity. Nor do good manners permit taking credit for another person's generosity.

But I can certainly understand your motivation.

Though it doesn't excuse your behaviour, the fact is your boss's behaviour is equally inexcusable. Her practice of "dropping hints" about her charity, while directing you to her website has all the subtlety of a brickbat aimed straight at your next performance review. It's OK to ask friends, relatives and strangers for support, but it's not OK in the context of a power relationship like the one she has with you; i.e., when people don't feel free to say no.

It's okay to ask friends, relatives or strangers for support, but not in a context when people don't feel free to say no.

By the way, it's commendable that you already "give lots to charity," but it's irrelevant as to whether you should give to hers. We all have our own pet causes, and how we choose to spend our disposable income is nobody else's business.

Of course, it's not always cut and dried. Theoretically, I stick to my own chosen charities and feel justified in waving off solicitors for other organizations. But I also set aside a certain amount for causes I don't much care about, because I like or care about the people who are begging on their behalf.

(As tax season looms, note that tax credits are available for registered charities, which never hurts.)

For Feeling Extorted and other oppressed workers at the mercy of exploitative managers, however, the choices are limited.

You can smile through gritted teeth and donate, and try not to waste too much time wallowing in fuming resentment, which is very bad for your health.

You can ignore the boss's "hints" and not donate, then try not to waste too much time worrying about whether she'll hold it against you, which would be very bad for your career.

Or, if you simply refuse to brook a double-bind, you can heed the advice of Frank Underwood from House of Cards: "If you don't like how the table is set, flip over the table." In other words, sign up for your own charity run, so that you can tell your boss — truthfully — that you'd love to donate to her run, and that you sincerely hope she'll donate to yours!

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Americans love Trudeau, and we still really, really care

Always the wooer, never the wooed. Canada, I mean, when it comes to the U.S.

All week, Canadian media, swooning over Prime Minister Justin Trudeau's rare (steak?) state dinner at the White House on Thursday, have noted what a "high honour" the evening is, how it shows that "Canada matters" and promises to be an "evening of awe."

U.S. President Barack Obama sees himself in Trudeau, we're told. Plus: The Washington Post even called Trudeau the "anti-Trump" (!) — high establishment praise and a moniker Trudeau later ironically embodied when he refused to dump on Trump in an interview.

We're loving the attention — the Vogue profile, Sunday's 60 Minutes interview, which Americans read as advertisement to emigrate here; not that they needed one after Googling en mass "how to move to Canada" on Super Tuesday. The U.S. coverage, though concerned with Trudeau's esthetic, is far meatier than the usual Five cool people you didn't know were Canadian and This hip street in this Canadian city is so hip.

But coming from a nation that still assumes we're all lumberjacks, it's not really that flattering, is it? The Google-search story was roundly treated as a joke: Move to Canada!? Things really are bad! We're not an aspiration so much as a last-ditch escape hatch. They're not drawn to Canada — they're drawn to the absence of America.

In my experience, Americans generally view Canada as a proverbial backwoods, a wild terrain with rustic inhabitants.

Which is why Trudeau, in that 60 Minutes interview, admitted Canadians, "like to think that, you know, Americans will pay attention to us from time to time, too."

What lofty goals, Mr. Trudeau. Americans do like him for his poignantly familiar story: He is handsome and forthright and rose to power by being a good guy, a classic trope of American culture rarely seen in real life. But I doubt the interest will plunge much past his shiny surface to our reality.

To be clear: Neither Trudeau nor I are anti-American. Hell, he told the Huffington Post that the U.S. is "the greatest democracy in the world."

But I can like America and Americans (which I do, greatly), and even love some of them without assuming, much less requiring, their reverse-interest in the true-north-strong-and-free.

Besides, while the state dinner will be good for Trudeau, and even a little good for us, the important relationship is no longer with Obama, it's with his successor. And if that (shudder) is Donald Trump, we know who'll pick the fight.

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metro LIFE
Your essential daily news

The Girl With the Lower Back Tattoo: Amy Schumer announces book title, due out Aug. 16

Step-by-step spicy tuna rolls

RECIPE

Throw out the takeout menu and make your own at home

The California roll may have been the first inside-out roll, but the spicy tuna roll is quickly becoming the most popular. The combination of tuna and mayonnaise is a classic in Western culture, which may help to explain the appeal of this chile-spiked version of uramaki (inside-out roll). In this recipe we demonstrate forming the roll without the use of a mat (free rolling).

Spicy Tuna Roll

Makes 1 roll (6 pieces)

Ingredients

- 1/2 sheet nori (7 by 4 inches/17.5 by 10 cm) 1/2
- 1/3 cup Sushi Rice 75 ml
- Toasted sesame seeds (preferably a mix of black and white)
- 1 tsp Spicy Mayo (see recipe on right) 5 ml
- 11/2 tsp thinly sliced green onion, white 7 ml and green parts
- 2 strips tuna, cut into pieces each 2 about 3 1/4 by 1/2 by 1/2 inch (8 x 1 x 1 cm; about 2 oz/60 g)
- Pickled ginger
- Wasabi paste
- Soy sauce

Equipment

- Wet towel
- Nonstick gloves, optional
- Small bowl with ice water
- Bamboo rolling mat (makisu), covered in plastic wrap
- Yanagiba, slicing knife or chef's knife

Directions

1. Place nori on board, shiny side down, with the longer side facing you.
2. Lightly wet your hands in the ice water, shaking or clapping off any excess.
3. Leaving a 1/2-inch (1 cm) border at the top of the nori, place rice on sheet, right of center.
4. Using your fingers and pressing down and toward the right, spread rice to about 1 inch (2.5 cm) wide. Repeat Step 2.
5. Using the tips of your fingers, continue to spread rice evenly over nori so remainder of nori is covered with rice, leaving 1/2 inch (0.5 cm) visible at the bottom.
6. Sprinkle sesame seeds evenly over surface of rice.
7. Using the back of a spoon, spread spicy mayonnaise across center of nori.
8. Flip nori over, rice side down, placing the uncovered edge toward you.
9. Sprinkle mayonnaise evenly with green onion.
10. Lay sliced tuna evenly over onion. Place your thumbs under the bottom of the nori (the edge closest to you).
11. With your hands cupped over the roll, gently squeeze on either side to begin to form the roll.
12. Using your fingers to hold the fillings in place and rolling away from you, roll nori over fillings.
13. Keeping pressure on the roll, continue to roll away from you until roll is sealed.
14. Using your middle and index fingers, gently tap on each end of the roll to ensure that ingredients have not slipped out and are flush with the nori.
15. Confirm roll seam side down (this will help ensure that the roll will not burst open when handled).
16. Place mat over roll.
17. With your thumbs on the side toward you, pinkies on the far side and other fingers cupped over the top, give the roll a light squeeze, forming a squared cylinder.
18. Remove mat and slice roll.
19. Arrange cut pieces upright on a serving plate. Garnish with wasabi, ginger and a small dipping bowl of soy sauce.

If you prefer, you can chop up the fish or cut into cubes and combine it with the spicy mayonnaise. CONTRIBUTED

SPICY MAYO

Makes 1 1/4 cups (300 ml)

Ingredients

- 1 cup mayonnaise 250 ml
- 3 Tbsp chile paste 45 ml
- 1 tsp Japanese toasted sesame oil 5 ml
- 1 tsp freshly squeezed lemon juice 5 ml
- Japanese chili flakes, such as ichimi or shichimi, optional

Directions

1. In a bowl, whisk together mayonnaise, chile paste, sesame oil and lemon juice, until combined. Add chili flakes to taste (if using). Use immediately or transfer to an airtight container and refrigerate for up to 1 month.

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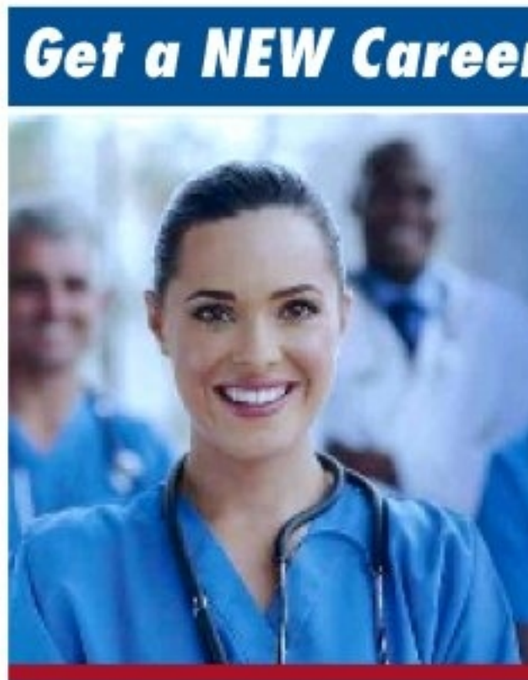

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LEAP INTO SPRING WITH A CITRUSY SALAD AND BRAISED RABBIT

Brighten your meals with these dishes that will transport you into the season ahead

TORSTAR NEWS SERVICE

Mint, beet and fennel salad with chili-citrus vinaigrette

For the vinaigrette
Makes 1/2 cup dressing.

Beets and fennel are wintertime favourites when drizzled with olive oil and roasted to perfection in the oven. You can find fennel year-round, but it's at its best during colder months so consider this a farewell to fennel.

The addition of fresh mint leaves serves as a teaser to all the tasty things about to sprout from the ground while beets remind you of what's still growing beneath it.

Ingredients
- Juice of 1/2 large orange
- Zest of 1 large orange
- 2 Tbsp olive oil
- 1 tsp white wine vinegar
- 1/4 tsp dried chili flakes
- Salt and pepper, to taste

Directions
1. Whisk together all ingredients in a bowl. Serve immediately or refrigerate in an airtight container for up to a week.

For the salad
Makes 4 servings.

Ingredients
- 6-8 small beets, peeled and thinly sliced
- 1 large fennel bulb, washed and thinly sliced
- 1/2 large orange, peel removed and cut into bite-sized segments
- 1/3 cup fresh mint leaves
- 1/2 cup chili-citrus vinaigrette
- Salt and pepper, to taste
- Chili flakes, to taste

Directions
1. Toss beets, fennel, orange segments and mint in large mixing bowl. Pour in vinaigrette and toss to coat evenly. Add salt, pepper and chili flakes to taste.
2. Transfer to serving bowl. Let marinate for 10 minutes before serving.

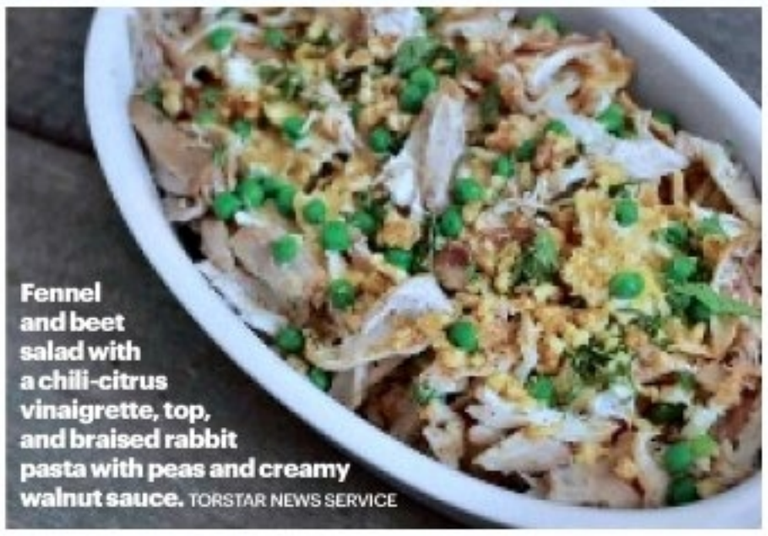
Braised rabbit with bow tie pasta, peas and creamy walnut sauce

Makes 4 servings.

It might sound morbid to cook rabbit during the month of Easter, but once you've had sweet and tender rabbit meat you'll understand why Elmer Fudd spent all those years hunting that single creature. Here, the mascot of springtime is slow-cooked, tossed in a light but creamy walnut sauce and dressed with vibrant green peas. Have the butcher take the rabbit apart for you. If you are averse to cooking wascally wabbit, substitute four whole bone-in chicken legs with the skin removed.

Ingredients
- 2 Tbsp olive oil
- 1 3-lb whole rabbit, head and ribs removed, legs and saddle separated
- 2 cups no-salt-added chicken broth
- 1 cup evaporated milk
- 1 cup crushed walnuts, plus more for garnish
- 3 minced garlic cloves
- 2 1/2 cups dried bow tie pasta
- 1 cup frozen green peas
- Salt and pepper, to taste
- Chopped mint leaves, for garnish

Directions
1. In a large pan, heat oil over medium heat. Sear rabbit until golden brown on all sides. Season with salt and pepper. Turn heat down to low. Add chicken broth. Cover and let cook on gentle simmer for 1 hour, or until meat is cooked and fork tender.
2. Remove rabbit from pan. Shred meat using two forks. Discard bones. Set meat aside.
3. Transfer remaining broth to blender. Add milk, walnuts and garlic. Blend until everything has emulsified. Set aside.
4. Bring large pot of salted water to roaring boil over medium-high heat. Cook pasta according to box instructions or until al dente. Remove pasta to bowl with slotted spoon.
5. Bring water back to a roaring boil in same pot. Add frozen peas and cook for 1 minute, or until peas are defrosted. Drain and rinse peas under cold water.
6. In a large skillet over medium heat, toss cooked pasta, peas, walnut sauce and rabbit meat together. Add salt and pepper, to taste. Transfer to serving bowl. Garnish with more crushed walnuts and mint, if using.
7. Serve immediately.



Fennel and beet salad with a chili-citrus vinaigrette, top, and braised rabbit pasta with peas and creamy walnut sauce. TORSTAR NEWS SERVICE

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You are cordially invited to the

2016
CORNFLOWER
Gala

Saturday, April 23, 2016
Victoria Inn Hotel & Convention Centre
1808 Wellington Avenue, Winnipeg
(Semi-Formal Attire Requested)

Gala Tickets $150.00
6:00 pm Cocktails 7:00 pm Dinner
(Partial Charitable Tax Receipt(s) to be Issued)

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SPONSORED CONTENT

Cornflower gala for ALS: a night of hope

CONTRIBUTED

The ALS Society of Manitoba will be hosting its Annual Cornflower Gala at the Victoria Inn and Convention Centre on Saturday, April 23. Tickets are $150 per person with a partial charitable tax receipt.

ALS or Lou Gehrig's Disease is a fatal neurodegenerative disease with no known cause and no cure at this time, but there is HOPE through research and care.

"The Cornflower Gala is one of the bigger fundraising events that the ALS Society of Manitoba puts on each year," says Diana Rasmussen, executive director of the ALS Society.

"Our generous sponsors and attendees make this event a huge success each year and the Gala is something very meaningful knowing that funds generated go to help our ALS clients in Manitoba directly."

On top of fine dining, music provided by the "two man band", the gala will include the chance to bid on local art pieces, great trips, including two tickets anywhere Westjet flies, a trip to Churchill and much more. Come join us for a night of fun, friendship, dancing and dining — for more information including sponsorship and tickets call 204-831-1510 or visit alsmb.ca.

Content Solutions

Try a light and lemony dessert

RECIPE

Cottage cheese cake is a riff on an Italian ricotta classic

Cottage cheese is more than just a snack; it's also a handy and nutritious ingredient. Simply spoon the cottage cheese straight from the carton and use or, for extra points, drain or blot the excess moisture from the cottage cheese and pulse in the food processor and you'll have almost exactly the texture of ricotta cheese.

A favourite ricotta indulgence is Italian ricotta cake, which is something between a classic cake and a cheesecake. Sweet and fatty, a little sliver goes a long way. Here is a cottage cheese makeover of this yummy (calorie-dense) treat. Loads of lemon zest keep it exciting, and the almond flour ensures that the fats are healthy (and offer a smidge of protein and nutrients).

Lemon Cottage Cheese Cake

Start to finish: 1 hour
Servings: 12

Ingredients

- 3 eggs, separated
- 2 tablespoons unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1/2 cup low-fat cottage cheese
- 1/4 cup grated lemon zest (2 to 3 lemons)
- 1 teaspoon vanilla extract
- 1/2 cup almond flour or meal
- 1 1/4 cups whole-wheat pastry flour (or all-purpose flour)
- 1/4 teaspoon cinnamon
- 3/4 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1/4 cup low-fat milk
- Powdered sugar, to serve (optional)
- Raspberries and chopped fresh mint, to serve (optional)

Instructions

1. Heat the oven to 350 F. Coat a 9-inch round cake pan with cooking spray, then line with kitchen parchment.
2. In a medium bowl, use an electric mixer to whip the egg whites to stiff peaks. Set aside.
3. In a large bowl, use the mixer to beat together the butter and sugar for 1 minute. Add the egg yolks and mix again until creamy and pale, about 2 minutes. Add the cottage cheese, lemon zest and vanilla, then mix on medium until very well blended and the cottage cheese is broken down a little.
4. In a medium bowl, sift together the almond flour, pastry flour, cinnamon, baking powder and salt. Mix half of the dry ingredients into the butter and egg mixture and mix on low with the mixer. Add the milk and the remaining dry ingredients, then mix on low to blend. Using a rubber spatula, fold in half of the whipped egg whites rather briskly until well mixed into the batter. Fold in the second half of the egg whites very gently, until blended in, but not deflated.
5. Pour the batter into the prepared pan. Bake on the oven's middle shelf until the cake is golden and springs back under light pressure, about 35 minutes. Let cool for 15 minutes before removing from the pan, then let cool completely. Once cooled, dust the top with powdered sugar and serve with raspberries and mint, if desired. THE ASSOCIATED PRESS

This cake swaps ricotta for cottage cheese and uses almond flour, so you can tell yourself it's healthy. THE ASSOCIATED PRESS

LIQUID ASSETS

Take a sip of Sicily

Poised off the coastal tip of Italy's boot, Sicily looks like the mainland is about to give it a swift kick and wine lovers seem to share that sentiment. Though they offer great value and full-figured flavours, for some reason Sicilian wines can't seem to catch a break when compared with their landlocked Italian cousins. I consider Sicily Italy's true undiscovered region. Sicily has its own indigenous berries led by Grillo for whites and, on the red side, Nero d'Avola. Barone Montalto's 2014 Nero d'Avola Cabernet Sauvignon ($9.45 -$11.99) blends Nero with a Sicilian grown mainstream grape. The result has all the dark, black expression of the local hero tempered by the Cab's massaging power.

Try with your favourite meaty pasta dish.

PETER ROCKWELL/ METRO

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Frozen pizza

Frozen 'za can be a quick meal in a pinch, but choose carefully!

PICK THIS

Ristorante Thin Crust Pepperoni Pizza (¼ Pizza)

Calories 220
Fat 11g
Sodium 430 mg

SKIP THIS

Delissio Rising Crust 3 Meat Pizza (¼ pizza)

Calories 500
Fat 16 g
Sodium 1200 mg

HERE'S WHY

Equivalent almost one large bag of Lays Classic Potato Chips in sodium

Cutting back on those thick crusts and meaty toppings on your pizza makes a big difference to your heart and waistline. The additional sausage and beef toppings combined with a thick crust raise the sodium to astronomical levels — half your daily quota! You can still enjoy pepperoni in moderation, but stick to a thin crust and you'll take off half the fat and over 2.5 times the sodium. A better pick any way you slice it!

Mos Def appears in court

Mos Def was first turned away from court in South Africa on Tuesday for refusing to remove a turban. He later returned wearing this loose scarf. THE ASSOCIATED PRESS

MUSIC

Rapper faces charges in S. Africa over world passport

American rapper Mos Def appeared briefly in a South African court Tuesday on charges of presenting a "world passport" when trying to fly out of the country.

The 42-year-old hip hop artist, actor and activist, whose real name is Dante Terrel Smith, was first turned away from the court because he refused to remove a turban he was wearing.

As a small group of photographers and video journalists recorded the incident, he left and returned later with a loose scarf draped over his head and shoulders, which allowed a security search.

Mos Def, who was listed on the court roll under one of his other names, Yassin Bey, was accompanied by a small group of friends into the magistrates' court in the working class suburb of Bellville in Cape Town.

He refused to speak to reporters, and waited expressionlessly among groups of glum witnesses and suspects waiting to be called for cases such as theft and assault.

Prosecutors requested a two-week postponement of the hearing and he will remain free on bail of 5,000 rand (about $300) until his next hearing on March 24. He was not required to speak.

Bey was arrested in Cape Town in January while attempting to board a flight to Ethiopia.

The Department of Home Affairs said the actor had entered South Africa with a legitimate U.S. passport in November, and had a visitor's visa valid until February. But he tried to leave using a "World Government of World Citizens" passport," which is not recognized, home affairs director general Mkuseli Apleni told reporters.

The World Government of World Citizens was established in 1953 by the late peace activist Garry Davis, an American who renounced his citizenship after World War II.

Bey faces charges including using a false identity, and "aiding and abetting his family to stay illegally in South Africa."

His family's visas expired in April 2014, and they are still subject to court proceedings.

AFP

STYLE

Zara gets ungendered

Spanish fashion retailer Zara quietly launched its first foray into gender-neutral clothing last week — to mixed reviews.

Critics say Zara's line called "Ungendered" is too basic. CONTRIBUTED

Titled "Ungendered," the line primarily consists of basics like T-shirts, tanks and jeans in neutral tones like greys and beiges. While Zara garnered some praise for pushing the boundary of fashion, many took to Twitter to talk about how normative the line actually is, bringing up the lack of typically female-coded clothing for men and vice versa. Transgender writer Tyler Ford spoke out about Zara online, tweeting if the company wanted to work on gender-neutral fashion, the retailer could simply remove the gendered signs in their stores and add more sizes. REBECCA WILLIAMS/METRO

TV BRIEF

Peachy news for Orphan Black fans

Space says Canadian electronic music star Peaches will be featured in an episode of the hit sci-fi series' upcoming fourth season. The Toronto native will guest perform as herself. Space says the episode will air in the back half of the season, which begins April 14. THE CANADIAN PRESS

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A ...Different school of thought

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Patal Vocational School's culinary arts program has been Apprenticeship Accredited for Level One Cook.

"Patal's culinary instructor, Red Seal Chef Steven Watson, has been setting up our students for success by preparing them for a variety of positions in the culinary industry with their many transferable skills," says Kristen Beardy, training and employment coordinator, Patal Vocational School.

"Patal is a small school that can quickly meet the needs of employers and students without the bureaucracy of large institutions, which means smaller classes that would give a lot of one-on-one time with their instructor."

Many of the students in the culinary arts program are also interested in taking the baking program to add to their skillsets when heading into the job market.

"Patal enhances their essential and culinary skills so nothing can stop them from succeeding in their career," says Beardy.

Patal's diploma in culinary arts can lead to an exciting career.

Graduates have been hired as chefs, head chefs, cooks, prep cook, sous chef, line cook, executive chef and grill cook with a large variety of employers, anywhere from restaurants, hospitals, personal care homes, camps, and casinos.

CONTRIBUTED

Several of Patal's graduates have also opened their own businesses in designing specialty cakes and catering.

Patal give students the confidence they need to help them succeed in the workforce and prepares by helping with interview skills and meticulously prepared resumes. The programs have continuous intake, so there are no waiting lists, no down time. Patal also offers training in; PC service technician, business accounting, office administration, and hospitality.

Content Solutions

Will Arnett draws on his struggles with sobriety to bring authenticity to Flaked role. GETTY IMAGES

Will Arnett on not faking it for Flaked

NEW SERIES

Actor draws on his own demons for latest TV role

Will Arnett says playing a character struggling with sobriety has been "cathartic."

The Arrested Development star took on a more sombre role with his latest venture, Flaked, a half-hour Netflix series that he admits turned out much darker than he initially envisioned.

Arnett drew on his own experiences with alcoholism for the streaming serial, which he sums up as "neither comedy nor drama in the sense that the world isn't like that. We are all things at all times."

"It's a very personal story," says Arnett, who co-created and co-wrote the project with Mark Chappell, and stars as Chip.

"Part of it is Chip's relationship with his sobriety, and really that's about his relationship with his true self — with who he is and is he being honest with himself?"

Heady stuff from the guy better known for playing dove-killing amateur illusionist Gob Bluth on Arrested Development or underhanded super-gay TV executive Devon Banks on 30 Rock.

That's not to say there aren't laughs, says Arnett.

When Chip is not trying to inspire fellow addicts at Alcoholics Anonymous, he's trading barbs with a neurotic best friend (played by David Sullivan) and a kooky neighbourhood pal (played by George Basil).

It's a delicate mix of tone that Arnett says was not easy to master.

> **It becomes uncomfortable and you're kind of like forced to face things that you potentially dislike about yourself**
> Will Arnett

"It's been an interesting process and it's been difficult," Arnett says of exercising more creative control for this venture, adding he plans to direct if a second season is ordered.

"All of that is like this kind of very combustible material that is packed into a bullet of comedy, if you will. Because we wanted it, on the surface, to be constantly moving and the dialogue to be kind of quick and the guys to be kind of quick-witted with each other and with other people, so that you feel like if they ever stopped moving that the whole thing will fall apart."

At the core are big questions "that we all deal with."

"I've been obsessed for a while with that idea of authenticity and initially the character of Chip was kind of like an essay on what I disliked in other people who did that — who were inauthentic with me," says the Toronto-bred comic, who has spoken of battling alcohol abuse in his 20s.

"Inevitably some of your own stuff starts making it onto the page and it becomes uncomfortable and you're kind of like forced to face things that you potentially dislike about yourself." THE CANADIAN PRESS

TELEVISION

Series debut
Flaked premieres Friday on Netflix.

JOHANNA SCHNELLER WHAT I'M WATCHING

Schooled on I Am Cait

THE SHOW: I Am Cait, Season 2, Episode 2 (E!)
THE MOMENT: The "Tranny" Debate

"Tranny" debate turns reality star Caitlyn Jenner into the foil of her own show. CONTRIBUTED

Caitlyn Jenner and half a dozen friends are travelling across the U.S. in a luxury bus. Among them are the writers Jenny Boylan and Kate Bornstein.

"I don't call myself a woman, I call myself a tranny," Kate volunteers as the miles roll by. "Transgender women have a lot of problems with that."

"I would be one of them," Jenny says. "I find that word hurtful. For me it's like saying the F-word to a gay man or the N-word to a person of colour."

I haven't seen Season 1, but as a recap points out, serious divisions exist within (and outside) the transgender community about whether the hoopla around Caitlyn has done more harm than good. So this season, the producers are doubling down on their efforts to educate America. This debate is one example.

It's fascinating to see where Caitlyn — who, as one friend points out, "spent 65 years as a Republican man," and of whom another remarks, "her inner life hasn't caught up to her outward appearance" — ends up here: as the foil of her own show.

Sure, she's one of the most recognizable transgender people in the world. But because her fame and wealth have isolated her from many of the hardships transgender people endure, she's also just one more bigoted, ignorant American who needs to be educated. On the positive side, that wipes out any notion of "us vs. them." Suddenly, everyone is "us."

That alone won't solve the varied conflicts Caitlyn kicks up. But it's an interesting start.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

UNIONS AND ADVOCACY

XXX-PHOTO-CREDIT-XXX

OUR KIDS NEED MORE SUPPORT, NOT LESS

Norm Gould

If you've been watching television the past number of weeks, you've likely heard that line many times. It's the tag line of The Manitoba Teachers' Society's latest commercial that features a mother getting her child ready for school before going to work as a teacher in a hectic classroom that typifies classrooms across Manitoba.

You've also probably wondered why we are running an ad that talks about cuts to education funding in Manitoba when none of the main political parties have said they would make any cuts to the frontlines leading up to the upcoming provincial election.

The fact is that this campaign was designed after months of talking to parents and teachers across Manitoba about the state of public education and what concerns them most about their children's and their students' future.

What we heard was abundantly clear: Manitoba's classrooms are more complex than ever due to more challenges and diverse needs and both parents and teachers feel that there are inadequate resources in place to provide every child the one-on-one time necessary to succeed.

The TV ad features a real Manitoba teacher. Once the concept was determined, an invitation was extended to the entire MTS membership to audition for the lead role. Dozens of talented Manitoba teachers showed up for the casting call and, in the end, Lauren Marshall, a teacher from Lundar, Manitoba, was chosen.

Beyond the commercial, she sees the changes in Manitoba classrooms. We are richer as a society thanks to the arrival of so many new Canadians over the last number of decades, and most recently the Syrian refugees. This does, however, have an impact on classrooms.

Newcomers to Canada have different needs, as do First Nations students who arrive from remote communities, as do kids with special needs and those who live in poverty and those who face the challenges of poor nutrition and disruptive home lives. And teachers are the ones with the responsibility of meeting and fulfilling those varying needs.

All these factors affect our ability to provide Manitoba's students the quality public education they deserve. Sustained funding by school boards, and ultimately the provincial government, is necessary to ensure that our teachers have the support to meet the needs of their students and that students have the support to achieve their goals.

Over the years, Manitoba has been an outlier in the realm of public education. While other provinces have made cuts to education and ignored student and teacher needs in the classroom, Manitoba has taken a collaborative approach to decision-making, taking into account the needs of not only teachers, but all people involved in public education.

This relationship between parents, teachers, school boards and the provincial government is the envy of public education stakeholders across Canada. Discordant relationships in British Columbia, Ontario and Quebec have resulted in revolving strikes and lockouts that have disrupted the school years and class time for students and teachers.

At this time, school divisions across Manitoba are drafting their annual budgets. School trustees at Manitoba's largest school division, the Winnipeg School Division, are frantically sharpening their red pencils to determine where to make cuts to make up a $5.5 million budget shortfall. These cuts will either come in the form of programs our students need like band equipment or cuts to teachers that will result, for example, in larger class sizes and a lack of support for students with special needs or those learning English as an additional language.

Neither of these 'solutions' should be considered an option, so I encourage you to contact your local school trustee to let them know that budget cuts are not going to address the expanding challenges in Manitoba's classrooms.

And in the coming weeks, if a candidate running for provincial election comes to your door, demand to know where they stand in regards to protecting public education in Manitoba.

Because at the end of the day, we all know that our kids need more support, not less.

The Manitoba Teachers' Society represents 15,000 public education teachers across Manitoba. The Manitoba Teachers' Society is dedicated to safeguarding the welfare of teachers, the status of the teaching profession and the cause of public education in Manitoba. The priority of our members is to provide a quality public education to over 180,000 public education students.

Teachers know our kids need more support.

The Manitoba Teachers' Society

Making living wage a priority in Manitoba

ISTOCK

With a provincial election on tap for April, the Manitoba Federation of Labour is hoping that Manitobans will make the issue of a living wage a priority in the hope that the next government will embrace the concept of fairness for everyone.

"The Working Families Manitoba campaign is designed to raise awareness about issues that matter to working families, and encourage politicians of all stripes to pay attention," explained Kevin Rebeck, the president of the Manitoba Federation of Labour. "It's important that working families have a say in the policies that affect their lives."

The Manitoba Federation of Labour has set up a website to support its campaign, FairnessForEveryone.ca, that's designed to help inform citizens about issues that matter to working families, and to provide them with a one-stop resource so they can know where the parties stand.

"Manitobans want to protect the progress we've made and set the bar even higher, on key issues like fair wages, quality child care, retirement security and safer workplaces," he said.

In addition to advocating for a living wage, the campaign also advocates on the value of providing retirement security for seniors; quality, affordable childcare; and workplace health and safety.

A minimum wage that's a living wage would build on the province's strong record on minimum wage, which has seen 16 straight annual increases. And the additional purchasing power provided by a living wage is often returned back to the community through increased discretionary spending.

"A job should be a pathway out of poverty, not a poverty trap. We need a minimum wage that's a living wage," Rebeck explained. "A living wage benefits Manitoba families and our economy, because working families spend a lot at local businesses."

Most importantly, a living wage helps your friends, families, and neighbours, Rebeck said, because the stereotypical view of a "minimum-age" earner is wrong.

"It's a common myth that most minimum wage earners are teenagers living at home with their parents," Rebeck explained. "The truth is that the majority of minimum wage earners are adults, most are women, and many have children to support. We'd have a fewer children living in poverty if the minimum wage was set to be a living wage."

For more information on the campaign, visit fairnessforeveryone.ca.

metro DRIVE
Your essential daily news
BMW celebrates its 100th anniversary

Something for the whole family

REVIEW

Pilot delivers value pack of convenience, comfort

Mike Goetz
For Metro Canada

The previous Honda Pilot featured a squared-off and rugged SUV vibe, which didn't quite resonate with its intended target — large families with lots of kid chauffeuring on the schedule.

So for this all-new-for 2016 version, Honda re-positioned Pilot to be less masculine, and with more priority on family comfort and safety. While more rounded and sleeker, the Pilot is still one of the roomier mid-size crossovers, with a legitimate third row, and eight seats. If you don't need to carry more than seven, definitely go with second-row captain chairs, which keep siblings from encroaching on each other's terriotories, for better family harmony. They are also heatable and slide for fairly easy entry into the third row. Like all third rows, Pilot's is low to the ground, but wide and comfortable enough for three smaller humans.

Climb into the driver's seat, and you'll be impressed by the vast array of new features and excellent outward visibility, the latter helped by super thin front pillars, and big windows all around. Dominating the front space is Pilot's new standard touchscreen infotainment system. It looks good, sounds good, and is packed with solid technology, but I found it required too much brain activity to do most anything. It will have you soon running to the few "actual" buttons on the steering wheel, and voice command. More new tech that takes getting used to, is the "drive by wire" gear selector, which is packaged with the optional and all-new nine-speed automatic.

Pilot's only powerplant is the 3.5-litre V6, which has been recently endowed with lots of technology — direct injection, auto stop-start, i-VTEC, and cylinder de-activation. As such, and with the new multi-speed transmissions, the new Pilot is quite fuel efficient for its size. The engine is also super smooth. Front-wheel drive versions are available, but most potential customers will opt for AWD, and Honda has seriously upgraded Pilot's AWD system, with selectable modes (Normal, Mud, Sand and Snow), and torque vectoring.

Combined with its silky and quiet engine, and comfortable ride, the Pilot is very soothing on the road. All the modern safety features you can think of are standard — or optional. I particularly like how often Honda's Lane Watch helps you in everyday driving. Note, however, that Blind Spot and Rear Cross monitoring are only available on the top-end model.

The Pilot is not too engaging to steer. But Honda probably figures you just want to relax when you're driving your clan to their required locations, be they a soccer field, the orthodontist, or a kingdom far, far away.

THE CHECKLIST | 2016 HONDA PILOT

THE BASICS

Type. Five-door, FWD or AWD, seven or eight-seat, midsize crossover
Engines (hp). 3.5-litre V6 (280)
Transmissions. Six-speed automatic, nine-speed automatic
Base price. $35,490 (not including $1,827 for PDI & Freight)

COOL FEATURES

- New standard infotainment system features Android OS.
- V6 now features direct injection, and can shut down one bank of cylinders.
- Honda Sensing safety features includes Collision Mitigation and more.

INTERIOR PHOTOS MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

POINTS

- Seven-seat configuration features second-row captain chairs, which can be heated.
- New AWD system can adjust engine torque to various wheels, and features Normal, Mud, Sand and Snow modes.
- New satellite linked navigation system.

MARKET POSITION

- Couldn't be more targeted toward big, busy families.
- New-generation styling and technologies designed to make Pilot sleeker and more comfortable.
- One of the bigger "mid-size" crossovers.

THE COMPETITION

Hyundai Sante Fe XL
Base price: $31,099

Toyota Highlander
Base price: $33,555

Ford Flex
Base price: $31,799

RIMAC AUTOMOBILI

Electric supercar wins young Croatian inventor fame

He's the name behind the world's first electric supercar, winning international plaudits for his ingenuity.

But for Croatia's 28-year-old Mate Rimac, it all started as a hobby in his garage. A keen techie since high school, Rimac was racing an old BMW when he blew the engine and decided to turn the car into an electric one starting with pieces he bought on the Internet.

A decade later, his firm Rimac Automobili is becoming a global leader in electric vehicle technology, selling Concept One supercars for 850,000 euros ($923,000) each and giving a much-needed boost to Croatia's start-up scene.

"We want to be the best in the world in what we do and we are changing the world," Rimac told AFP in his factory showroom in the small town of Sveta Nedelja, near the Croatian capital.

The confident but modest entrepreneur was named by Politico Europe in December as one of 28 people across the continent who are "shaping, shaking and stirring Europe."

But mastering the complex technology of electric sports cars and winning financing was no easy task — especially in a small country of 4.3 million people with no automotive industry.

Rimac formed the company in 2009 when he realised there was not much left of the original vehicle he had transformed, and the aim was to build an electric supercar from scratch.

Motor show success

The company unveiled the Concept One at the 2011 Frankfurt Motor Show, where nobody expected a small Croatian firm to showcase an electric car that could reach 100 kilometres per hour in a staggering 2.8 seconds.

Last week at the Geneva International Motor Show, Rimac introduced the production version of the car.

Many expected Rimac's success would lead him to move somewhere else, such as Silicon Valley, Germany or Italy. But instead he has kept the business in Croatia, a country slowly emerging from six years of recession.

"I want to do it here... I'm stubborn," he said. "I think it is possible, I mean we are doing very well." AFP

Mate Rimac and his Concept One model. DENIS LOVROVIC / AFP

The 2016 Mercedes GLE Coupe

As a competitor to the BMW X6, the new Mercedes-Benz GLE Coupe joins the GLE wagon. With a sloped hatchback design, the GLE Coupe obviously trades cargo room for style and sportiness. It is perhaps no less capable than the GLE wagon, at least when it comes to foul-weather driving, with standard all-wheel-drive and the latest in safety technology. The GLE Coupe is, however, aimed at the performance crowd. **JEFF MELNYCHUK** WHEELBASE MEDIA

1 Engine Lineup
249-hp 3.0-litre V-6 turbo-diesel (nine-speed automatic transmission). 362-hp 3.0-litre turbocharged V-6 (nine-speed automatic transmission). 577-hp turbocharged 5.5-litre V-8 (seven-speed paddle-shift transmission).

2 Safety tech
Assisted steering automatically keeps the GLE Coupe in the middle of the lane, but will deactivate if you try driving hands-free. Brake assist warns if you're closing too rapidly on the vehicle in front and will apply the brakes, if necessary, to help prevent a collision.

3 Cargo/Backseat
Rear seat is best for two people. With the sloped roof, the GLE a bit more than half of the cargo room behind the rear seats as the GLE wagon.

4 Design
About 10 centimetres longer and eight wider than the GLE wagon.
Deeply contoured front seats are optional.
Select from Comfort, Slippery, Sport, Sport+ and Individual modes. SOURCE: MERCEDEZ-BENZ

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GENDER ROLES

Women riders wanted

Last year, Sylvie Brisebois fulfilled her longtime dream of taking a solo motorcycle ride to California.

She also completed a less-solo ride when she led 200 other women bikers on an all-girl breast-cancer fundraising ride she organizes annually.

She started riding 10 years ago at the age of 45 and was instantly hooked.

"It's freedom; it's the place I feel the best," she said. "You're complete, you're away from all troubles, you're just happy."

Brisebois' bright pink booth may have been one of the most overtly feminine displays at Montreal's annual motorcycle trade show recently, but it was hardly the only one targeting women.

As baby boomer men — traditionally the biggest bike buyers — age and retire, the motorcycle industry is trying to entice newcomers, including women, to buy in.

In Quebec, women make up 13.8 per cent of motorcycle owners, and their ownership rates are growing slightly faster than men's.

The trade show's manager, Bianca Kennedy, says manufacturers are working to increase that number by offering products geared towards women, from different apparel to equipment design to advertising.

Bianca Kennedy, show manager for the Montreal Motorcycle Show on her Ducati Scrambler. MORGAN LOWRIE/THE CANADIAN PRESS

Renee Larouche, a track instructor, says the company she co-owns started offering women-only track classes last year after seeing too many women dropping out of mixed groups.

"We saw they weren't always comfortable and felt they were in competition with the men, even if that wasn't the reality," she said.

Larouche says that while men often want to go fast right away, women prefer to perfect their technique before increasing the speed. That isn't to say they aren't good riders, she is quick to say.

"Women move up quickly because they're very technical," she said. "Often at the beginning of the day the women's groups are the slowest, but by the end the of day they're passing the men."

THE CANADIAN PRESS

metro SPORTS

Dallas quarterback Tony Romo has undergone shoulder surgery and should be ready for off-season workouts when they start in May

Preds too hot for the Jets to handle

NHL

Winnipeg caps five-game homestand with one win

Craig Smith scored twice as the Nashville Predators hung on to an early lead and beat the Winnipeg Jets 4-2 on Tuesday.

Colton Sissons and Ryan Johansen also scored for the Predators (34-21-12), while Sissons added an assist and Colin Wilson had a pair of helpers. Pekka Rinne turned aside 21 shots in net. Nashville is 9-0-4 in its last 13 games.

Forward Drew Stafford and defenceman Jacob Trouba had goals for Winnipeg (27-34-5), while Ondrej Pavelec made 27 saves.

The loss ended Winnipeg's five-game homestand with only one victory (1-3-1). The team heads to Detroit to face the Red Wings on Thursday.

Stafford opened the scoring at 7:28 of the first, but Smith and Sissons answered back 11 seconds apart late in the period.

Stafford snapped a 12-game goal drought with his 17th of the season when he flipped in a rebound at the side of the net off a Dustin Byfuglien point shot.

Smith then recorded his 17th when he took a pass across the front of the crease from Viktor Arvidsson and beat Pavelec at 19:19.

Jets forward Drew Stafford skates with the puck away from the Predators' Miikka Salomaki on Tuesday night. TREVOR HAGAN/THE CANADIAN PRESS

TUESDAY At MTS Centre

4	2
PREDS	JETS

Sissons, who was called up from Milwaukee of the AHL on Monday after an injury to Paul Gaustad, hadn't played since Dec. 26 and scored at 19:30. It was his second goal in his 20th game of the season.

Rinne helped his team keep the lead in a scoreless second with some big saves, while Pavelec did the same at the other end.

Johansen almost didn't score his 11th of the season. He whiffed on his first shot alone at the side of Winnipeg's net, but a quick second attempt went past Pavelec at 8:54 of the third period for the 3-1 lead.

Trouba made it 3-2 at 13:37, but Smith's second of the game at 15:21 sealed another victory.

Nashville continues its five-game road trip on Wednesday with the third game in Calgary. THE CANADIAN PRESS

CANADIAN GOLF

Kane at head of new Hall of Fame class

Lorie Kane's career is far from over, but she can't help but look back to where it all began.

Kane was named one of this year's inductees to the Canadian Golf Hall of Fame on Tuesday morning along with famed amateur Warren Sye and reporter Bob Weeks, who enters in the builder category.

"This sits right beside my first win," said Kane, who won her first professional tournament in 2000 at the Michelob Light Classic outside St. Louis. "It took me a long time to get my first win and if I look at my career, if this is my 20th year, I've been truly blessed. I still see lots of future in front of me, as far as my life in golf is concerned.

"I hope it doesn't mean the circle is complete because I still want to keep going around."

Lorie Kane GETTY IMAGES FILE

Kane, from Charlottetown, is still active on the LPGA Tour and has won eight pro tours in her career. She has also won the Bobbie Rosenfeld Award in 1997 and 2000 as the Canadian female athlete of the year and was named to the Order of Canada in 2006. THE CANADIAN PRESS

TENNIS

Sponsors shy away from Sharapova

Maria Sharapova, the world's highest-earning female athlete for many years, was abandoned Tuesday by some of her biggest sponsors after the Russian tennis star acknowledged taking a recently banned substance for a decade.

Sportswear giant Nike, Swiss watch brand Tag Heuer and German luxury car company Porsche quickly distanced themselves from the five-time Grand Slam winner after she announced Monday that she failed a drug test for meldonium at the Australian Open in January, days after the substance was banned.

$36M

Sharapova has more than $36 million in career prize winnings.

Industry veterans were surprised by how quickly these companies backed away from such a bankable performer. Sharapova earned an estimated $29.5 million last year alone, the vast majority off the court. THE ASSOCIATED PRESS

BRIER

Jacobs adds bushy beard to gun show

Brad Jacobs JUSTIN TANG/THE CANADIAN PRESS

If the bulging biceps don't do it, the mountain man beards might do the trick.

The glowing resumés of Brad Jacobs and his Northern Ontario crew are intimidating enough. Tack on some top-flight facial hair to go with their imposing physiques and the visual battle is over before the first rock is thrown.

Fear the Beard is a buzz term at the Tim Hortons Brier, and with good reason. Jacobs is sporting a thick beard and teammates Ryan Fry and Ryan Harnden aren't far behind for the unbeaten rink.

NEXT BEST

After 10 draws, Newfoundland and Labrador's Brad Gushue was alone in second place at 5-1. He beat Kevin Koe of Alberta 4-3 on Tuesday afternoon.

"The hairline is not getting any better so I figure if I can't grow it on top, maybe I'll grow it on my face," Jacobs said Tuesday after picking up his fifth round-robin win.

"He doesn't do anything half-assed," Fry said. "When he says he's growing a beard, he's growing a frigging beard."

The fans have been showing them love this week. Moose calls rang out through the 8,200-seat venue when they completed a 6-2 win over Prince Edward Island's Adam Casey 6-2 on Tuesday morning.

The 2013 Brier champs improved to 6-0 later in the day with an 8-3 rout of Alberta's Kevin Koe. THE CANADIAN PRESS

CHAMPIONS LEAGUE

Wolfsburg reaches quarters

Andre Schuerrle scored to send Wolfsburg to the quarter-finals of the Champions League for the first time on Tuesday with a 1-0 win at home over Belgian champion Gent.

Julian Draxler easily skipped past a defender and crossed for his fellow Germany international to seal Wolfsburg's 4-2 aggregate victory in the 74th minute.

Both sides were playing in the Round of 16 for the first time, and Wolfsburg is just the seventh team to have progressed at the first attempt. THE ASSOCIATED PRESS

Madrid polishes off Roma

Cristiano Ronaldo and James Rodriguez scored second-half goals to help Real Madrid defeat Roma 2-0 and advance to the Champions League quarter-finals for the sixth consecutive season on Tuesday.

Ronaldo scored his 13th goal in the competition this season by turning home a cross by substitute forward Lucas Vazquez in the 64th and Rodriguez added to the lead four minutes later with a low shot from inside the area to give Madrid a 4-0 aggregate victory. THE ASSOCIATED PRESS

Sabres' Kane has 40/50 vision

NHL

Former Jet striving to replicate early-career promise

Evander Kane seems a lot older than he actually is.

The 24-year-old is already an NHL veteran, currently playing in his seventh season after entering the league as a teenager with the Atlanta Thrashers, two seasons before they moved to Winnipeg.

"I feel older than I am, that's for sure," said Kane. "I've been in the league for a long time even though I'm only 24."

Now in his first year with the Buffalo Sabres, Kane is trying to rediscover the magic that defined his younger years, particularly the 30-goal campaign of his third NHL season.

Amid much controversy, Kane was dealt from Winnipeg to Buffalo last February, playing his first games for the Sabres this fall. He's beginning to hit his mark for the club, nearing the 20-goal plateau for the first time since that 2011-12 season when he scored 30 for the Jets.

Kane scored his 19th goal of the year Monday night in Toronto, the game-tying marker in a 4-3 Sabres' shootout win. It was also his 17th goal in the past 42 games and 11th goal in the last 25 — a stretch he describes as his best this season.

Kane, who missed the final 30 games last year due to a shoulder injury, believes he should be an annual threat for 30 goals or perhaps more. He boasted of burying "40 or 50" in the fall.

"I've had some injuries over the course of the last couple seasons, but yeah that's definitely a mark that I think I should be very much capable of hitting every year being healthy," Kane said.

Sabres coach Dan Bylsma thinks some subtle adjustments will help Kane rejoin the NHL's elite scorers.

Bylsma said Kane is proficient at driving wide with his imposing six-foot-two frame and getting his shot off, but he can do more to punish opponents in tight.

"I think for Evander to reach the 30-goal mark, we've talked about probably getting six to nine goals on the inside," Bylsma said.

Bylsma wants Kane to find open areas in the middle of the ice and set himself up for prime scoring opportunities. Playing with Jack Eichel, the second overall pick at the draft last June, should help with that.

Production on the power-play would help his prospects, too.

Nearly all of Kane's 128 NHL goals have come at even-strength. He's scored only two power-play goals this season and has only 19 for his career.

The former fourth-overall pick had one great chance to add to that total against the Maple Leafs, but fired high from a spot on the right faceoff circle.

Teammates don't doubt his potential, nor obviously do the Sabres who gave up two players, two prospects and a first-round pick to land Kane as well as defenceman Zach Bogosian from the Jets last season.

"Whether he's scoring 20, 30, 40 or 50 goals he wants to score as much as possible obviously, everyone does," said Bogosian, picked third overall a year before Kane. "But he has the inner drive that he works hard and tries to win every night.

"I think a lot of people look at him and say a lot of things about him, but at the end of the day he wants to win and he wants to work hard and he does those things."

Those things that people say about Kane relate to off-ice troubles. He was suspended one game most recently for missing practice. Kane overslept after attending the NBA all-star game in Toronto, apologizing a day later.

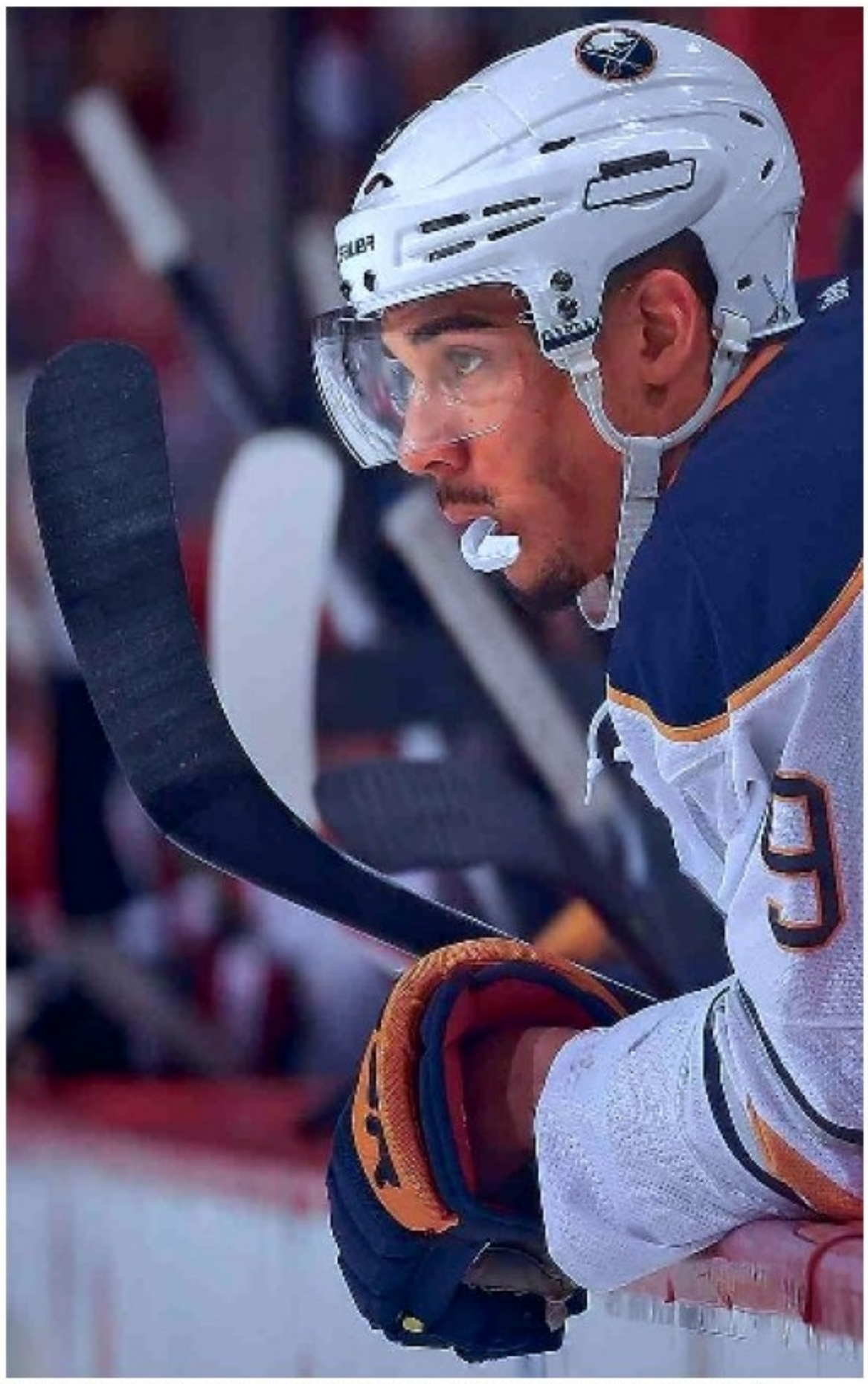
Bogosian said Kane has had to grow up in the spotlight.

"In the world we live in now everything's so scrutinized," Bogosian said. "We're under a microscope a little bit with social media and everything. You roll with the punches a little bit. He's got the attitude where he will always work hard and try to score goals and help the hockey team." THE CANADIAN PRESS

> **It's gone by quick and hopefully there's a lot of years left.**
>
> Evander Kane on the four years that have passed since his career-high 57-point season with the Jets in 2011-12.

NEW DIGS

Kane describes his first season with the Sabres as "up and down" year both for himself individually and for the team, which once again sits near the bottom of the Eastern Conference. He can be a key piece to the Sabres' revival if he stays healthy and remains clear of off-ice distractions.



Evander Kane spent most of his first 5-1/2 seasons in the Winnipeg Jets/Atlanta Thrashers organization. CHRISTIAN PETERSEN/GETTY IMAGES

NFL

Johnson leaves behind mega stats

Calvin Johnson, one the most spectacular receivers in NFL history, retired from the Detroit Lions on Tuesday and rekindled memories of the way superstar running back Barry Sanders quietly stepped away from football.

The 30-year-old Johnson called it a career after nine seasons filled with highlight-reel catches, dozens of touchdowns and nearly 12,000 yards receiving. The six-foot-five receiver was known as Megatron, a sign of respect for his imposing skills and unusual mixture of speed, power and gracefulness.

Calvin Johnson GETTY IMAGES

"Let me assure you that this was not an easy or hasty decision," Johnson said. "I, along with those closest to me, have put a lot of time, deliberation and prayer into this decision and I truly am at peace with it." THE ASSOCIATED PRESS

IN BRIEF

Patriots pick up option on Gronkowski, as expected

A person with knowledge of the negotiations says the Patriots have picked up the option that will keep Pro Bowl tight end Rob Gronkowski in New England through 2019.

The deal made in 2012 was a six-year extension worth $54 million, including a $10 million option that would activate the deal for 2016-19. The Patriots paid $4 million of that option last year, making this week's move a formality. THE ASSOCIATED PRESS

Incognito staying in Buffalo

Despite fielding offers from other NFL teams, guard Richie Incognito elected to stay in Buffalo and repay the Bills for giving him a second chance at football.

Incognito acknowledged he accepted a little less money in forgoing free agency to agree to a three-year, $15 million contract with Buffalo on Tuesday.

"I went from a guy nobody wanted to getting redeemed by Buffalo, and I owe them a lot," Incognito said. THE ASSOCIATED PRESS

SWIMMING

Phelps fine-tuning body for Olympics

Michael Phelps adheres to a strict diet, is adamant about getting a good night's sleep and spends more time at the gym than ever before.

That's what happens when you turn 30 and still feel the need to make a splash at the Olympics.

Phelps has won a record 18 gold medals, and 22 medals overall, in three Olympics. He long ago made good on his quest to bring swimming into the national limelight, and now he's in the midst of one final push that will test his mettle and conditioning.

Phelps intends to leave nothing to chance in his preparation for the 2016 Olympics in Rio.

"I'm on top of this more than I ever have before because I'm 30 now," Phelps said Tuesday. "My body's not the same it was five years ago, 10 years ago. When I decided to come back, I knew I was going to do it the right way and be able to retire the way I want to retire." THE ASSOCIATED PRESS

RECIPE Fresh Tomato Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is one of those too-good-to-be-true recipes. It's just a few ingredients and a very small time commitment and yet you'll create a delicious, satisfying dinner.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 4

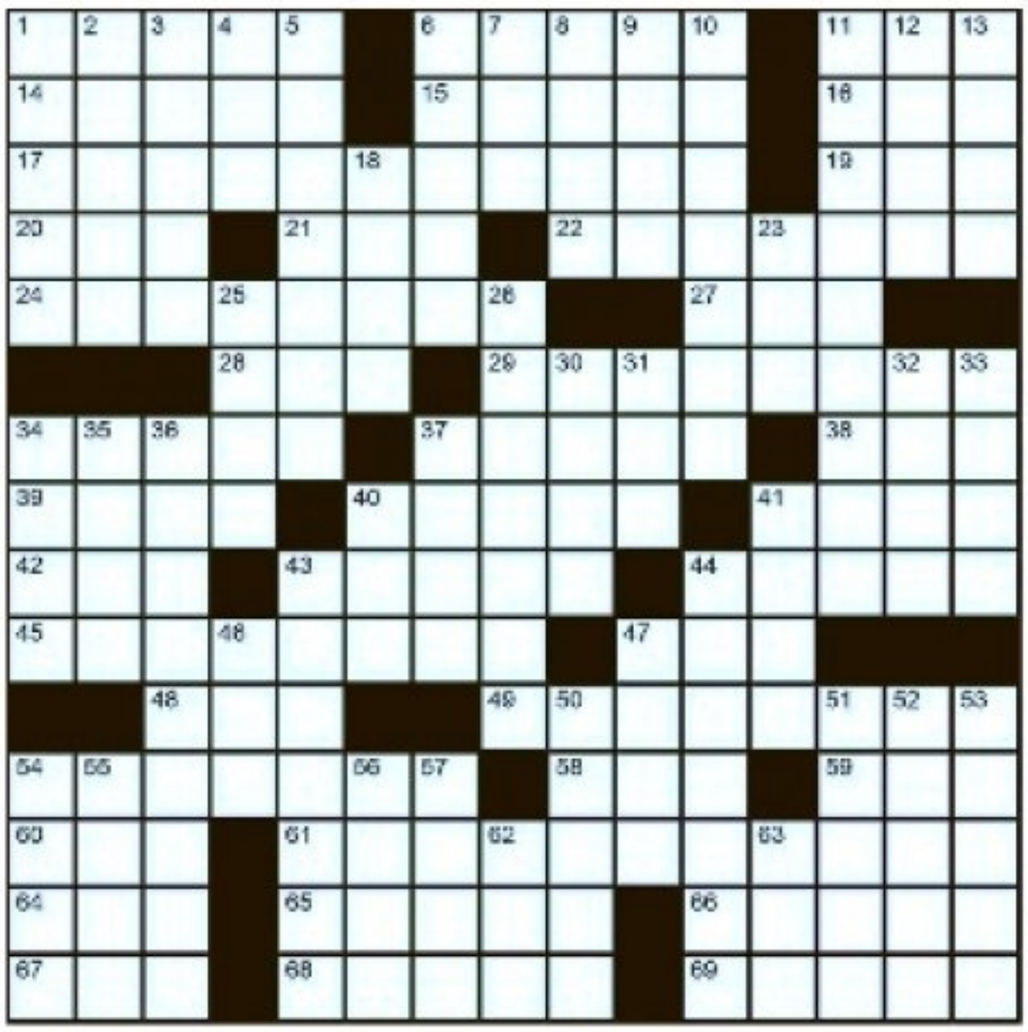
Ingredients
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 500 g package of whole-wheat spaghetti
- 3 Tbsp red wine vinegar
- 2 cups fresh tomatoes, washed and chopped
- 1 head of arugula, washed and rough chopped
- Salt and pepper to taste

Directions
1. Put a big pot of well salted water on to boil.
2. In a sauté pan, bring the olive oil to low-medium heat.
3. Add minced garlic and allow to cook but not brown. You're just taking the bite out of it so it's only going to take a couple of minutes. Take the pan off the heat.
4. Cook pasta according to package instructions. Scoop out a cup of water from the pot before draining (this is a good habit to get into, btw). The starchy water is a great way to loosen up a too-thick sauce, plus it adds a certain slickness to your pastas.
5. Drain your noodles well before tossing them back in the pot. Add the garlic-infused oil and vinegar and toss well until all of the spaghetti is well coated. Now add your tomatoes and toss again. Pour in your cooking liquid, bit by bit, until your sauce is the desired consistency (you may not need much).
6. Throw in the arugula and give it another good mix so there are pieces of green throughout. Taste before adding a bit of salt and pepper.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Reprimand
6. Calm
11. Sched. time not yet figured out
14. Electroshock-er
15. "A Passage to _" (1984)
16. Ingrid Bergman's actress/model daughter ...her initials-sharers
17. Archaeologist's major discovery in Egypt: 2 wds.
19. Miracle-_ (Plant food brand)
20. U.S. health-related agcy.
21. Lamb of God, Agnus _
22. Stand for one addressing an audience
24. Draw a _ conclusion
27. Canadian hockey great's three-lettered surname
28. Barbie and _
29. Was off target
34. Items in Dracula's closet
37. Spotted cat-like mammal
38. Vegetarian variety, with Lacto-
39. Repented
40. Sacred choral piece
41. Take _ _ face value
42. Piece of food
43. Classifies
44. St. _, Newfoundland
45. Ontario: Canadian _ Heritage Museum, in Mount Hope near Hamilton ...more at #11-Down
47. Got a glimpse
48. "..._ _ quit!" (Employee's ultimatum)
49. Striking/breath-taking
54. Material for Canada's bank notes
58. Apple pie _ _ mode
59. Prefix to 'thermal'
60. "_ Got a Feeling" by The Beatles
61. French for 'potato chips'
64. Ancient war god
65. Overthrow
66. Army academy attendee
67. Nav. rank
68. Miniscule
69. "Heaven" singer Bryan

DOWN
1. Personnel
2. _-_ attitude (It's possible!)
3. Muppet-in-a-can
4. Hawaiian vacationer's gift
5. River excavators
6. '60s-style protest
7. It'll make a blast
8. Kelly Clarkson was the first in 2002
9. Green hue
10. Scientist's work outfit: 2 wds.
11. One of #45-Across' vintage aircrafts, de Havilland _ _
12. Cold temps experiencer's reaction!
13. Bit of "Danny's Song": "...think I'm gonna have _ _-"
18. Inert gas
23. Three
25. _ out a living (Survived)
26. Gave off
30. St. _ (Facial scrub brand)
31. Unit of play for Milos Raonic
32. "_ Almighty" (2007)
33. i i i toppers
34. Boast
35. Mystique
36. Resource in Alberta
37. Succotash stuff
40. New Zealand bird, once
41. Dubuque's locale
43. _-_ jeans
44. Island country where Kingston is the capital
46. Jimmy
47. Fries flavourer
50. Hoarse
51. British actress Ms. Swinton
52. "Hmmm, _ _ to remember..."
53. Tolls
54. Sandwich orderer's preference to bread
55. Metamorphoses poet
56. Celtic language
57. Casanova
62. Hallway art piece
63. Chap

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be dreading what is round the corner but there is no reason to worry — what you fear is mainly in your mind. Put your imagination to good use and do something creative that could also make you money.

Taurus April 21 - May 21
You need to be with people who share your outlook on life, especially if it seems that others are plotting against you. Ally yourself with those whose principles are in line with your own. There's safety in numbers.

Gemini May 22 - June 21
You'll get the chance to show your leadership qualities today and people will be impressed. You have everything it takes to reach the top.

Cancer June 22 - July 23
A solar eclipse in Pisces marks the start of a more productive phase but to make the most of it you have got to think clearly. For the next few days you must focus only on facts.

Leo July 24 - Aug. 23
Money matters have been concerning but what happens today will ease your fears. If you stay calm and think logically there's nothing that can harm you, at least not financially.

Virgo Aug. 24 - Sept. 23
Something you say today is likely to rub certain people the wrong way. Expect some kind of backlash. Most likely they will withdraw their assistance but that's OK, you are quite capable on your own.

Libra Sept. 24 - Oct. 23
You're having second thoughts about something that previously you were keen on. Don't make any sudden changes. Wait until Friday's Mercury-Neptune link has passed.

Scorpio Oct. 24 - Nov. 22
You rarely sell yourself short and today will be no exception. With a solar eclipse in your fellow Water sign of Pisces you honestly believe you can take on the world and win.

Sagittarius Nov. 23 - Dec. 21
Why does no one seem to be taking your advice? Because they want you to mind your own business! Take the hint and back off a bit. If your advice is as good as you think it is you'll get the chance to give it again later on.

Capricorn Dec. 22 - Jan. 20
You need to get out and about more and today's solar eclipse will provide you with endless opportunities. Don't worry if people complain that you are being irresponsible. Living well is the best revenge.

Aquarius Jan. 21 - Feb. 19
You'll discover a new source of income just as you were beginning to think you might have to sell something to make ends meet. You're not as poor as you seem to think you are.

Pisces Feb. 20 - March 20
Today's solar eclipse in your sign makes you feel good about yourself and about the future. Ignore the nagging doubt in the back of your mind that you don't deserve it.

CONCEPTIS SUDOKU by Dave Green

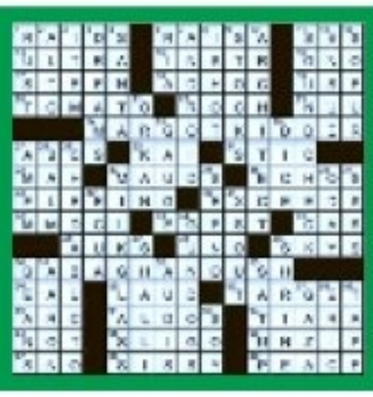
Every row, column and box contains 1-9

	6	8	4					
7				3	5	2		
	2	4						
1			2	6	8			4
						5	9	
		9	5	4				1
					7	3	6	

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	4	8	2	3	9	5	7	6
5	9	6	4	1	7	3	2	8
3	2	7	5	8	6	4	1	9
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6	1	4	8	5	2	7	9	3
2	7	9	3	6	4	1	8	5
7	8	5	6	2	3	9	4	1
4	3	1	9	7	8	6	5	2
9	6	2	1	4	5	8	3	7

As Seen In Metro!
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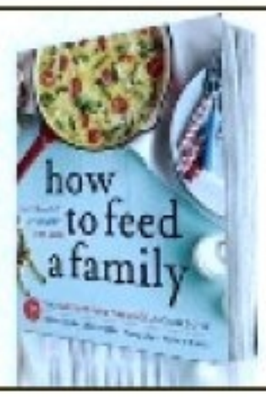

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